

# *2004/2005 ANNUAL REPORT*



*PRESENTED TO  
THE HONORABLE GOVERNOR TED KULONGOSKI,  
THE OREGON LEGISLATIVE ASSEMBLY,  
AND TO THE PEOPLE WE SERVE*

*March 2006*

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February 2006

Dear Governor Kulongoski, Oregon Legislators, Disability Advocates, Community Partners, and Interested Parties,

It is our pleasure to distribute the Oregon State Independent Living Council (SILC) 2005 Annual Report. The Oregon SILC is established by Executive Order of the Governor, and consists of up to twenty-one Governor-appointed disability advocates, the majority of whom are persons with disabilities. As our partner agencies, a representative from both Oregon Commission for the Blind (OCB), and the Office of Vocational Rehabilitation Services (OVRS) hold non-voting positions on the SILC.

***The Mission of the SILC is to promote choice, equal access, and full inclusion of people with disabilities, throughout the State of Oregon.*** This report shares information about the Oregon State Independent Living Council (SILC), Centers for Independent Living (CILs), Independent Living (IL) philosophy and services, **the benefits and cost savings of IL philosophy and services**, IL needs, and SILC success stories, challenges, and accomplishments.

We hope you find this report and the scattered quotes about choice, inclusion, independence, and access to be informative and inspiring. We welcome your input and involvement in improving opportunities for people with disabilities.

Sincerely,



Jan Campbell ~ SILC Chair

and



Tina Treasure ~ SILC Executive Director

If you would like to request additional copies of this report or alternate formats, please contact the SILC office at 503-945-6204. This report is also available on the SILC web page at <http://www.oregon.gov/DHS/vr/silc/index.shtml>



*We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these Life, Liberty and the pursuit of Happiness.*

This report shares activities and accomplishments of the Oregon **State Independent Living Council** for FY2005 ~ October 1, 2004 through September 30, 2005. But ~ what is **Independent Living**?

## *INDEPENDENT LIVING*

The term "Independent Living" (IL) is commonly used in the disability community to describe specific services that help individuals with disabilities to attain and/or maintain more independence in their lives. But beyond and more important than Independent Living services, true Independent Living is an overall belief system and a LIFE philosophy, not specific to disability.

- ◆ **Independent Living** is the embodiment of the preceding excerpt from the Declaration of Independence ~ it is the belief and implementation of the concept that ALL individuals are created equal, with certain unalienable rights, including life, liberty, and the pursuit of happiness...
- ◆ **Independent Living** is the life philosophy that ALL people have the right and the opportunity to make decisions about their lives and pursue activities of their choosing, with the associated responsibilities and consequences that come with this right...
- ◆ **Independent Living** is the life philosophy that everyone has the right and opportunity to be in control of their own life and to assume full citizenship and inclusion through living...
- ◆ **Independent Living** is the life philosophy that responsibility, self-determination, informed choice, independence, and accountability applies to ALL people ~ whether a person currently has a disability or not...
- ◆ **Independent Living** is the life philosophy of taking personal responsibility to actively participate in our families, communities, and careers... as peers ~ above and beyond the disability community...

About 21% of the general population experiences some type of disability and it is estimated that about 80% of the general population will eventually have a disability or have a relative who experiences a disability. Promoting and sharing IL philosophy is particularly crucial in the disability community where people often believe they have no choices. The State Independent Living Council promotes and spreads Independent Living as a LIFE philosophy, applicable to all people, with a focus on informed choice, equal access, inclusion ~ all contributing to increasing the independence of people with disabilities.

Independent Living philosophy is the key component of all work and activities of the **Oregon State Independent Living Council**.



*The greatest gifts you can give your children are the roots of responsibility  
and the wings of independence. ~ Denis Waitley*

## *STATE INDEPENDENT LIVING COUNCIL*

State Independent Living Councils were mandated as a result of the 1992 amendments to the federal Rehabilitation Act. The Oregon State Independent Living Council (SILC) was officially established by Executive Order of the Governor in 1992.

The Oregon State Independent Living Council (SILC) is a Governor appointed Council of disability advocates, most of whom have disabilities, working together to further our Mission of promoting choice, equal access, and full inclusion of people with disabilities throughout the State of Oregon.

The SILC includes current or past consumers of Independent Living (IL) services, representatives of Centers for Independent Living (CILs), private business representatives, other persons with disabilities, parents, guardians, and advocates of and for individuals with disabilities, as well as an ex-officio representative from Oregon Commission for the Blind (OCB), and the Office of Vocational Rehabilitation Services (OVRs).

The SILC meets quarterly, usually on the first Friday of March, June, September, and December.



*If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is compromise. ~ Robert Fritz*

*Our minds can shape the way a thing will be because we act according to our expectations.  
~ Federico Fellini*

## *SILC PHILOSOPHY AND RESPONSIBILITIES*

The SILC believes that disability is a natural part of our shared human experience that in no way diminishes the right of individuals to live independently, enjoy self-determination, make choices, contribute to society, pursue meaningful careers, and enjoy full inclusion and integration in the economic, political, social, cultural, and educational mainstream of American society.

The SILC works towards its Mission of ***promoting choice, equal access, and full inclusion of people with disabilities, throughout the State of Oregon*** by:

- ◆ Advising on IL issues, including policy development, review, and comment
- ◆ Identifying the need for Centers for Independent Living and IL services
- ◆ Evaluating the provision of IL services as described in the State Plan for Independent Living (SPIL)
- ◆ Working with other disability organizations, in order to advocate for improvements in critical areas such as employment, housing, public accommodations, education, transportation, communication, recreation, de-institutionalization, health care, and public services
- ◆ Determining consumer satisfaction with IL services
- ◆ Developing the State Plan for Independent Living (SPIL) jointly, with the Office of Vocational Rehabilitation Services and Oregon Commission for the Blind

SILC members work as individuals, as a Council, through partnerships with **Centers for Independent Living** (CILs) and other IL providers and agencies, and through SILC committees to further the SILC Mission, to accomplish goals of the State Plan for Independent Living, to expand IL services to reach underserved and unserved populations, and to spread IL philosophy all along the way.

**Centers for Independent Living** (CILs) and **Independent Living services** are key avenues of promoting, teaching, and building Independent Living philosophies ~ contributing to people with disabilities having the skills, means, opportunities, resources, and the belief and confidence that they have the right and responsibility to make decisions about their own lives and pursue activities of their choosing.



*If you ever think we are too small to make a difference, try spending the night cooped up with a mosquito. ~ Swahili proverb*

*Treat people as though they are what they ought to be and you help them become what they are capable of being. ~ Goethe*

## CENTERS FOR INDEPENDENT LIVING

Centers for Independent Living (CILs) are non-profit organizations, run by people with disabilities, for people with disabilities. CILs serve all ages and all disability groups. Oregon currently has ten Centers for Independent Living to serve individuals with disabilities across the state.

All CIL services are provided with the Independent living (IL) philosophy of consumer choice and control. By providing **Independent Living services** to share information, options, knowledge, connections, mentoring, technical assistance, and skills training, CILs enable individuals with disabilities to have the means and opportunity to make informed choices about their lives and to live as independently as possible.

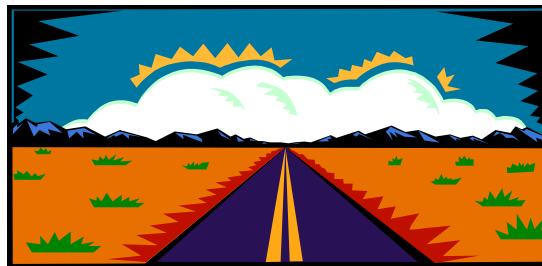
*The life I touch for good or ill will touch another life, and that in turn another,  
until who knows where the trembling stops or in what far place my touch will be felt. ~  
Frederick Buechner*

## INDEPENDENT LIVING SERVICES

Although each CIL may offer specific Independent Living services based on the needs of their community, every CIL provides four federally-required core Independent Living Services:

- ◆ individual and systems advocacy
- ◆ information and referral
- ◆ independent living skills training
- ◆ peer counseling

CILs are key partners of the SILC ~ working together to expand CIL services and to spread the IL philosophy of consumer choice and control ~ moving people away from dependence, and down the road towards **independence**.



*The leaders who work most effectively, it seems to me, never say "I."  
And that's not because they have trained themselves not to say "I."  
They don't think "I." They think "we"; they think "team."  
They understand their job to be to make the team function.  
They accept responsibility and don't sidestep it, but "we" gets the credit....  
This is what creates trust, what enables you to get the task done. ~ Peter Drucker*



## CIL FUNDING

On a national level, the Rehabilitation Act includes federal funding for Centers for Independent Living. These funds are allocated to states based on a federal formula. Initial funds for each state were announced via the Federal Register and existing CILs at the time were able to apply for these grants.

Since the initial funding, there have been only a few minimal increases that have been allocated to CILs based on each state's IL funding priorities as outlined in their required State Plan for Independent Living (SPIL). Based on the timing of availability of federal funds, Oregon's 5 oldest CILs receive various levels of federal funding, and Oregon's 5 newer CILs receive no federal funds.

Many states allocate additional funding to CILs to supplement the federal dollars, but Oregon had not provided any state IL funds until the 2001 Oregon legislature approved \$1.3 million in state IL funding for the first time ever. We continue to be grateful to the many legislators and advocates that contributed to this major Independent Living accomplishment.

The national average base funding level for effective CIL operations is estimated at \$250,000 per year. With limited federal and state funds making the \$250,000 level unrealistic for Oregon, the SILC established an IL funding goal of \$200,000 ~ maintaining a \$200,000 funding level for Oregon's 5 long-term established CILs, and working to attain the \$200,000 level for Oregon's 5 newer CILs.

## *IL FUNDING INSTABILITY*

Federal IL funds have been consistent so far, and we hoped that state IL funds might provide some stability and consistency to Oregon's CILs and the many consumers they serve. However, we've learned through painful experience that state IL budget decisions are not final or stable since they are general fund dollars and the general fund is the first consideration whenever cuts need to be implemented.

Repeated 2001-2003 biennium budget cuts resulted in very sporadic and unstable funding to the CILs, making it extremely difficult for new CILs to keep their doors open, and challenging for all CILs to maintain the staffing and structure to offer consistent IL services to the many consumers who need them.

We continue to work through funding instability, with the 2003-2005 and the 2005-2007 legislatures both approving \$500,000 state IL funding for those bienniums. This is significantly less than the \$1.3 million we'd hoped for. The SILC has worked with CILs and partners to develop creative fund diversification strategies and opportunities so that Oregon can maintain as much consistency in providing IL services across the state as possible. We have achieved significant success in this area, but it is an ongoing workload and challenge.

Since previous budget cuts have resulted in reductions in other state programs and human services, more people than ever are in need of IL services to help increase their options and independence. The SILC and Oregon CILs and partner agencies continue to struggle to meet this growing need.

## CIL FUNDING BREAKDOWN

The following table lists Oregon CILs with funding sources, amounts, and total funding by CIL for the 2005-2006 biennium. These figures include federal and state funding but do not reflect actual budgets of individual CILs. The column for "State IL and/or Other Funds" includes State IL funds, as well as one-time funds resulting from specific collaborative projects that were developed through this period. These are **not** dollars we can count on for future years. As a result, development of creative fund diversification projects and educating about the **cost savings and benefits of IL services and philosophy** remains an ongoing high priority of the SILC and CILs.

### CIL FUNDING BREAKDOWN FOR 2005-2006

Oregon's 5 established CILs	Federal Funds	State IL and/or Other Funds	Total Funds
CORIL	\$105,848	\$94,152	\$200,000
HASL	\$108,740	\$91,260	\$200,000
ILR	379,478	\$0	379,478
SPOKES	\$120,234	\$79,766	\$200,000
UVDN	\$78,507	\$121,493	\$200,000
<b>Oregon's new CILs</b>			
EOCIL	\$0	\$100,000	\$100,000
DASIL	\$0	\$60,567	\$60,567
LILA	\$0	\$60,567	\$60,567
POCIL	\$0	\$60,567	\$60,567
SCILS	\$0	\$60,567	\$60,567
<b>TOTALS</b>	<b>\$792,807</b>	<b>\$728,939</b>	<b>\$1,521,746</b>

## IMPACT OF IL SERVICES AND PHILOSOPHY ~ COST SAVINGS

Investments in IL services and the IL philosophy of consumer choice and control provide a viable and practical means to save money in the long run, as **every individual who is able to extend the time they can live independently provides a savings to government.**

- ◆ CILs have proven that many consumers of tax dollars have the desire, potential, and ability to become taxpayers.
- ◆ Vocational Rehabilitation and other services are more effective when coupled with IL services because the whole person is taken into consideration as services are provided to promote independence.
- ◆ For the same cost of providing care for a person in a nursing facility, a minimum of 3-4 people can be served in the community.

The SILC has an ongoing interest in and commitment to promoting IL philosophy and services throughout Oregon.

The following chart of real life examples of IL services provided to specific consumers further demonstrates the accomplishments, value, and cost savings, of IL services.

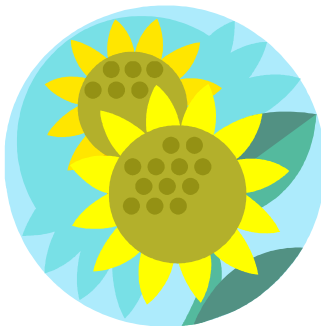
<b>Client</b>	<b>IL Services Provided</b>	<b>Accomplishment</b>	<b>Savings Breakdown</b>	<b>Total Savings</b>	<b>Savings Running Balance</b>
TK	Advocacy, resource dev, peer counseling, skills training	Children did not go into foster care	Foster care costs: \$378 x 16 mo=\$6,048 \$485 x 16 mo=\$7760	\$13,808	\$13,808
JS	Advocacy, resource dev, peer counseling, skills training	Stayed out of State Hospital	\$341x30days=\$10,230	\$10,230	\$24,038
SG	Resource development, information & referral	Stayed out of Assisted Living facility	\$651 x 12mo=\$7,812	\$7,812	\$31,850
MR	advocacy, peer counseling, information and referral	Was not incarcerated	\$79 x 7 days=\$553	\$553	\$32,403
AH	Advocacy, resource dev, peer counseling, skills training, post-employment services	Became fully employed	SSI payments saved: \$545 x 30=\$16,350 Approx. taxes paid: \$645 x 20% x 30=\$3,870	\$20,220	\$52,623
DF	Advocacy, resource dev, employment plan, peer counseling, skills training	Became self employed	SSI payments saved: \$545x12=\$6,540 Approx. taxes paid: \$1,118 x 20% x 12=\$2,683	\$9,223	\$61,846
TG	information and referral, skills training to live independently	Lives independently	Foster home cost: \$650/mo x 8 months on his own=\$5,200	\$5,200	\$67,046
JL	IL skills training, advocacy, support to help JL with ADAPT program	Completed ADAPT training and did not go to jail	One year jail sentence suspended: \$79/day jail cost x 365 days=\$28,835	\$28,835	\$95,881
VF	information and referral for housing and services for the blind	Housing found; prevented need for foster care!	Foster care: \$1,134/mo x 4 months in stable home=\$4,536	\$4,536	\$100,417

The complete chart shows a cost savings of **\$3,742,404**.

The IL accomplishments in the chart represent only 10% of the total individuals served by 9 of Oregon's 10 CILs last year via an official "consumer service record" (CSR). Thousands more individuals received information and referral and/or education or other CIL services that did not require a CSR.

All cost savings were calculated with real figures, based on contacting state agencies and researching actual costs that would have been incurred if the consumer had needed the state service or assistance.

Compare the complete chart's cost savings of \$3,742,404 to the desired state IL funding level of \$1.3 million per biennium. Although the state IL funds and the cost savings come from different "pots" of money, the cost-saving examples from one year are 2.88 times the desired state IL funding level for a biennium.



These examples demonstrate the fact that small investments of time and money often result in huge cost savings and long term independence; that IL services and philosophies contribute to increased independence and personal responsibility and cost savings; and they provide tangible proof that "little" things can result in big, beneficial, life-altering, positive changes in people's lives. The more people see evidence of this, the more opportunities we have for IL philosophy to ripple and grow... We'll keep planting the seeds.

## *IMPACT OF IL SERVICES AND PHILOSOPHY ~ STATISTICS*

Total individuals served by Oregon's 10 CILs via an official "consumer service record" (CSR) during FY 2005 ~ October 1, 2004 through September 30, 2005: **3,037**

### Breakdown by age:

Under 6 years old	7	.2%
6 to 17 years old	32	1.1%
18 to 22 years old	209	6.9%
23 to 64 years old	2,519	82.9%
65 and over	220	7.2%
Age not specified	50	1.6%
<b>TOTALS</b>	<b>3,037</b>	<b>100.0%</b>

### Breakdown by race:

Indian/Alaskan	95	3.1%
Asian	20	.7%
African American	76	2.5%
Hispanic/Latino	146	4.8%
Hawaiian/Pacific Islander	13	.4%
White	<u>2,687</u>	<u>88.5%</u>
<b>TOTALS</b>	<b>3,037</b>	<b>100.0%</b>

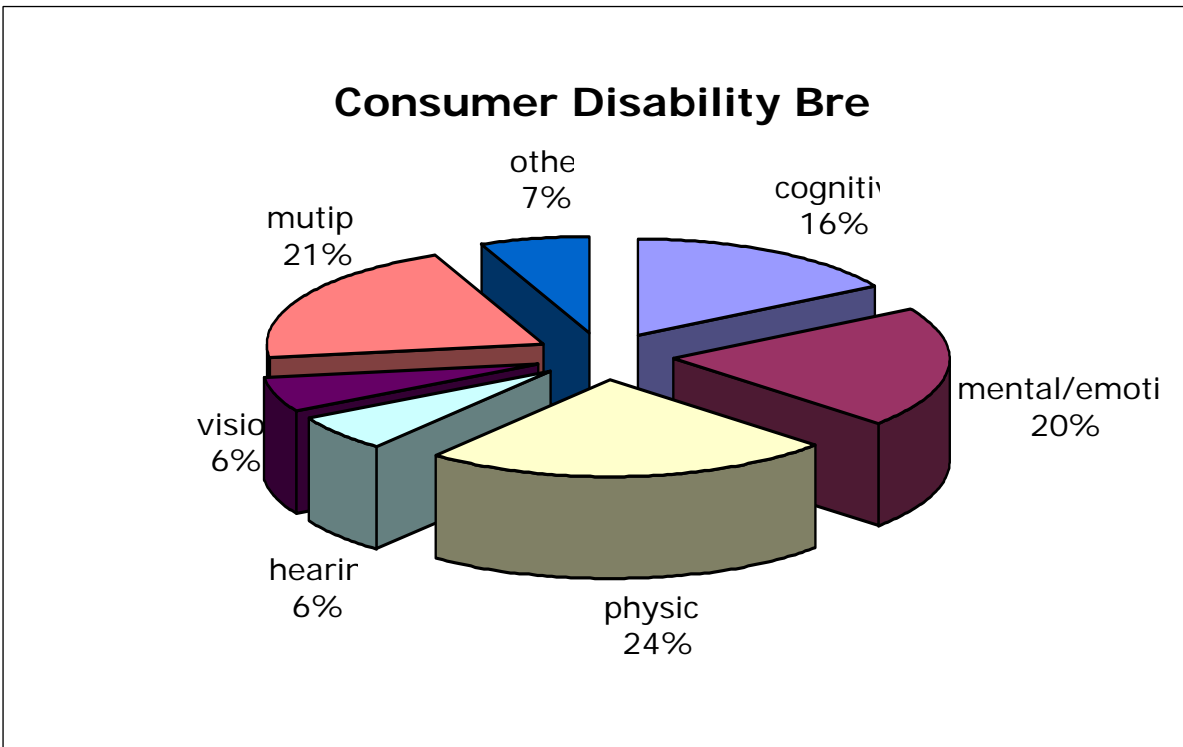


Breakdown by gender:

Female	1,604	52.8
Male	<u>1,433</u>	<u>47.2%</u>
<b>TOTALS</b>	<b>3,037</b>	<b>100.0%</b>

Breakdown by disability:

Cognitive	500	16.5%
Mental/emotional	612	20.2%
Physical	732	24.1%
Hearing	191	6.3%
Vision	179	5.9%
Multiple	625	20.6%
Other	<u>198</u>	<u>6.5%</u>
<b>TOTALS</b>	<b>3,037</b>	<b>100.0%</b>



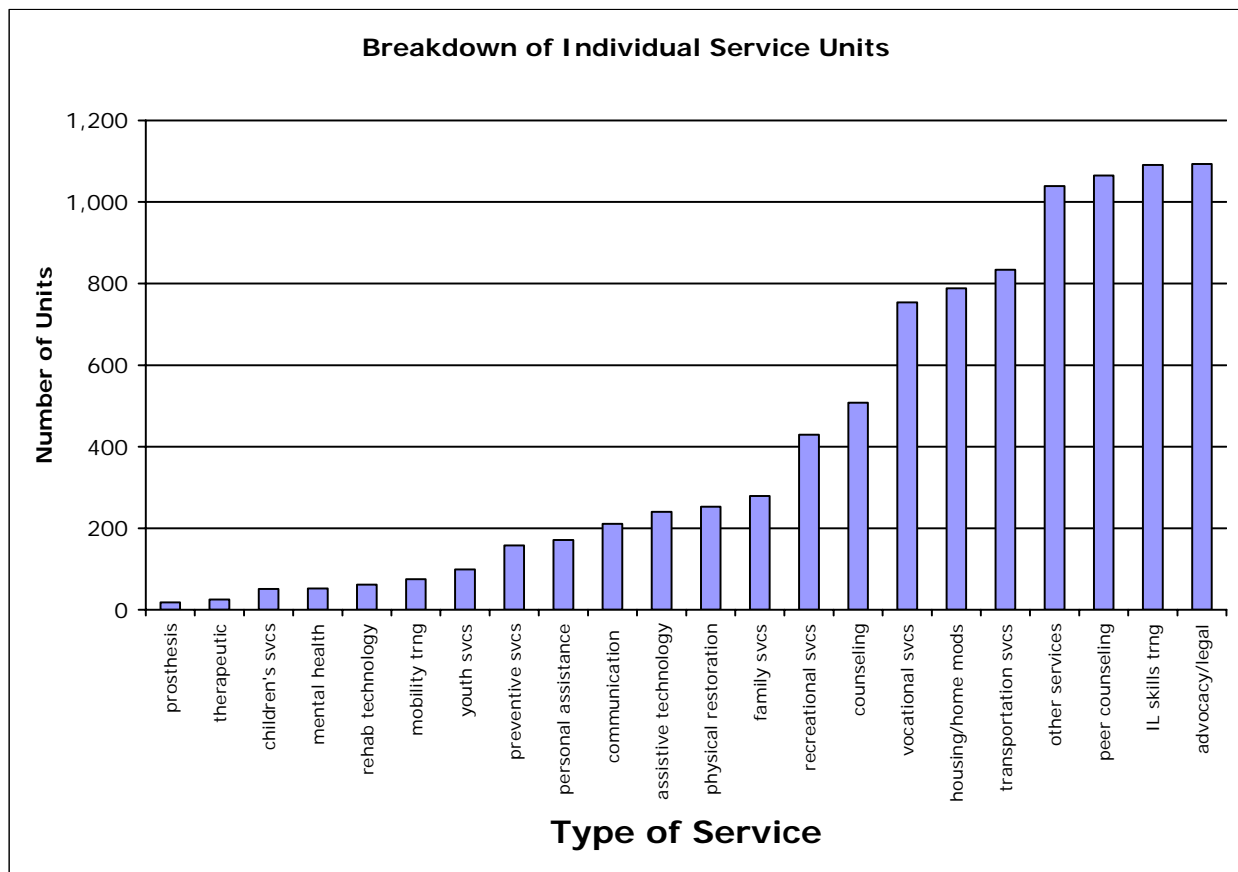
*No one can whistle a symphony. It takes an orchestra to play it.*

~ H.E. Luccock

*A human being is a part of the whole, called by us Universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest--a kind of optical delusion of his consciousness. This delusion is a kind of prison, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty. ~ Albert Einstein*

Breakdown by type of individual IL services provided, by unit:

Prosthesis	18	.2%	Physical restoration	253	2.7%
Therapeutic treatment	25	.3%	Family services	279	3.0%
Children's services	51	.5%	Recreational services	429	4.6%
Mental health	52	.6%	Counseling	508	5.5%
Rehab technology	62	.7%	Vocational services	754	8.1%
Mobility training	75	.8%	Housing/home modification	788	8.5%
Youth services	99	1.1%	Transportation services	834	9.0%
Preventive services	158	1.7%	Other services	1,039	11.2%
Personal assistance	171	1.8%	Peer counseling	1,065	11.5%
Communication services	211	2.3%	IL skills training	1,091	11.7%
Assistive technology	240	2.6%	Advocacy/legal	1,093	11.8%



**In addition to the above listed IL services, Oregon CILs also provided 12,062 units of Information and Referral to individuals with disabilities and their families last year.**

*Ideals are like stars; you will not succeed in touching them with your hands, but like the seafaring man on the desert of waters, you choose them as your guides, and following them, you reach your destiny. ~ Carl Schurz*

*Anything that we have to learn we learn by the actually doing of it ... we become just by performing just acts, temperate by performing temperate ones, brave by performing brave ones. ~ Aristotle*

## *IMPACT OF IL SERVICES AND PHILOSOPHY ~ A CONSUMER'S STORY*

The above statistics show that Oregon CILs served 3,037 individuals via an official "consumer service record" (CSR) during FY 2005. The following story is just one example of HOW Independent Living services can impact and benefit peoples' lives, marriages, families, freedom, struggles, confidence, parenting, health, happiness ~ hearts!

*We must not allow other people's limited perceptions to define us. ~ Virginia Satir*

TT ~ I married the love of my life shortly after my graduation from high school and we have been married for 30 years. I sustained a spinal cord injury in a car accident 7 months after our wedding, which left me paralyzed and has required me to use a power wheelchair since then. After my injury I remained in a hospital for a year, during which time I developed what I call a "medical model" view of my disability as someone who is "sick". I settled into a life that focused on my disability ~, night and day. Even though I hate the word, I had become a "cripple". I define that as not merely having a disability, but letting that disability change who and what you are.

During the next 7 years my husband and family did everything for me. Why? I've asked myself that a lot over the years, as I wasn't uneducated nor sheltered from the world per se. The only answer I have is I had a wonderful family, a great husband, and parents and siblings who love me a great deal and they, like myself, were told and believed that I couldn't do these things for myself anymore ~ that I need to be taken care of for the rest of my life.

Looking back on those years is very sad for me as everyone meant well and thought they were doing the best for me. In reality however, I wasn't living, I was just existing. There is a BIG difference. I wasn't an unhappy person nor was I happy. I had no hopes, dreams, goals or desire to change as I didn't ever think life could be different for a quadriplegic and THAT is what I was. A car wreck had changed my life forever, I thought.

Then one Saturday changed my life even more than that car accident did. That Saturday I attended a support group for people with disabilities. I met people like myself who use wheelchairs. From those individuals I learned that a disability may be life changing, but it doesn't have to be life ending. I formed relationships with people who showed me a very different idea of what life with a disability could be like. They expected things from me, and most importantly, I started expecting things from myself. I no longer had my disability as an excuse to be dependent.

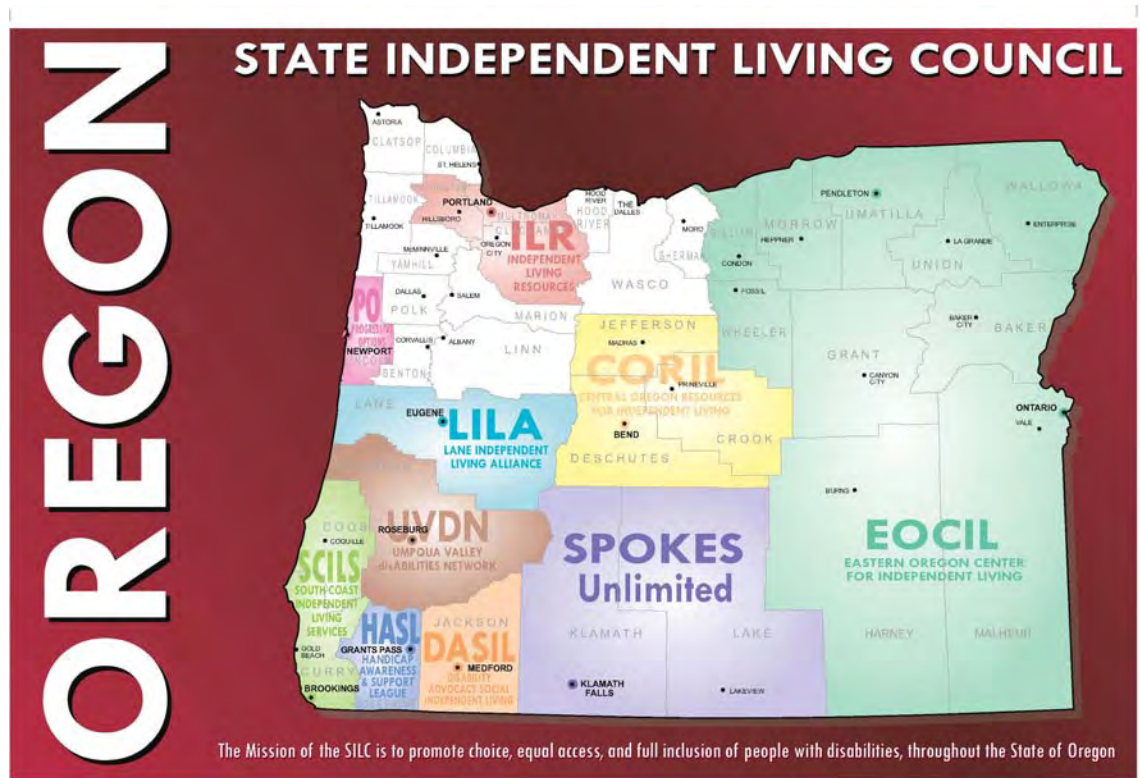
Today, I am a very different person from the one that rolled into that meeting. For the last 18 years, I work 50 to 70 hours a week ~ currently earning over \$50,000/year and paying taxes. I serve on local, state and regional committees and boards. Now I am a partner to my husband, an involved member of my community, an employer, an employee, and more. I no longer merely exist, but I have a life. Good friends and respect from my peers are important, as is trying everyday to make the world a better place to live. My commitment to Independent Living is strong, because I credit it with saving my life.

*Heaven's not a place you go when you die.  
It's that moment in life when you actually feel alive. ~ unknown*

## OREGON CIL SERVICE AREAS

Oregon has ten Centers for Independent Living serving people across the state, yet many populations and areas are underserved or unserved. As a result of previous state budget cuts, Oregonians with disabilities lost many crucial services and CIL services are needed now more than ever before.

The following map shows the service areas of each of Oregon's 10 CILs. The SILC and CILs continue their work to outreach to underserved and unserved populations.



Although each CIL may be at different levels of development, they ALL provide services with the IL philosophy of consumer choice, consumer control, and the associated responsibility ~ all of which moves people from dependence and towards independence - **saving money in the long run**, since every individual who extends the time they live independently provides a savings to government.

*Courage is not the absence of fear but the judgment that something else is more important than fear. The brave may not live forever but the cautious do not live at all.*

*For now you are traveling the road between who you think you are and who you can be.*

*The key is to allow yourself to make the journey. ~ Meg Cabot*

*To understand the heart and mind of a person,  
look not at what he has already achieved, but at what he aspires to. ~ Kahlil Gibran*



## OREGON CENTERS FOR INDEPENDENT LIVING

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

20436 Clay Pigeon Court, Bend, OR 97702  
541-388-8103 (voice) ~ www.coril.org  
Service Area: Deschutes, Crook & Jefferson Counties

### **DASIL (Disability Advocacy Social Independent Living)**

29 N. Ivy Street, Medford, OR 97501  
541-608-6746 (voice) ~ dasil@medford.net  
Service Area: Jackson County

### **EOCIL (Eastern Oregon Center for Independent Living)**

1021 SW 5<sup>th</sup> Ave., Ontario, OR 97914  
541-889-3119 (voice/TTY) ~ www.eocil.org

#### **EOCIL Pendleton Satellite Office**

17 SW Frazer, Suite 325, Pendleton, OR 97801  
541-276-0883 (voice)

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

### **HASL (Independent Abilities Center)**

1252 Redwood Avenue, Grants Pass, OR 97527  
541-479-4275 (voice) ~ hasl1@qwest.net  
Service Area: Josephine and Jackson Counties

### **ILR (Independent Living Resources)**

2410 SE 11th Avenue, Portland, OR 97214  
503-232-7411 (voice) ~ 503-232-8408 (TTY)  
ilrpx@qwest.net ~ www.ilr.org  
Service Area: Multnomah, Washington & Clackamas Counties

### **LILA (Lane Independent Living Alliance)**

99 10<sup>th</sup> Ave. #117, Eugene, OR 97401  
541-607-7020 (voice) ~ 541-284-9474  
(Message) ~ lila@lilaoregon.org ~  
www.lilaoregon.org  
Service Area: Lane County

### **Progressive Options**

657 SW Coast Hwy, Newport, Oregon 97365  
541-574-0384 (voice) ~ 541-574-1927 (Fax) ~  
progop541@yahoo.com ~ www.progressive-  
options.org  
Service Area: Lincoln County

### **SCILS (South Coast Independent Living Services)**

P.O. Box 2338, Brookings, OR 97415  
541-469-5306 x303 or 800-481-5777 (voice)  
lizzietiz@usa.net  
Service Area: Coos & Curry Counties

### **SPOKES Unlimited**

415 Main Street, ~ Klamath Falls, OR 97601  
541-883-7547 (voice) ~  
www.spokesunlimited.org  
Service Area: Klamath & Lake Counties

### **UVDN (Umpqua Valley disAbilities Network)**

P.O. Box 507; 419 NE Winchester Street, ~  
Roseburg, OR 97470  
541-672-6336 (voice), ~ 541-440-2882 (TTY) ~  
scottcohan@uvdn.org  
Service Area: Douglas County

## STATE PLAN FOR INDEPENDENT LIVING

One of the primary functions of the SILC is the development and implementation of the three year State Plan for Independent Living (SPIL). This plan is developed in collaboration with the Office of Vocational Rehabilitation Services (OVRs) and the Oregon Commission for the Blind (OCB). It describes how IL services are currently provided in Oregon, identifies un-served or under-served areas of the state, and identifies goals and objectives for the SPIL period.

The work of the SILC is completed through the active participation of each council member in one or more committees. Each committee is assigned SPIL goals and they develop a work plan of specific activities to accomplish their assigned SPIL goals and to support the SILC Mission.

*"I must do something" always solves more problems than  
"Something must be done." ~ unknown*

# SILC Members as of September 30, 2005

<u>Name</u>	<u>Location/Representing</u>
1. Jack Benson	St. Helens
2. Jan Campbell ~ Chair	Portland
3. Scott Cohan	CIL-Roseburg
4. Brad Collins	Eugene
5. Chuck Davis	Portland
6. John Dziennik	Portland
7. Roger Gednalske	Cottage Grove
8. Wendy Howard	CIL-Klamath Falls
9. James Naegele	Medford
10. Martha Simpson	Florence
11. Frank Synoground	Ex-officio ~ OCB
12. Stephaine Parrish-Taylor	Ex-officio ~ OVRS
13. Glenn Van Cise	CIL-Bend
14. Dean Westwood	Portland
15. Ulee Yanok	Huntington

*Some people walk in the rain; others just get wet... And some people sing and dance. ~  
Roger Miller*

*We make a living by what we get, but we make a life by what we give. ~ Winston Churchill*

## SUMMARY OF 2005-2007 SPIL GOALS

Although many issues need to be addressed, the SILC was committed to developing new SPIL goals based on consideration of where we can have a measurable positive impact. After lengthy discussion of many important disability issues, four main SPIL goals were developed:

- ◆ **ADVOCACY** ~ Advocate for choice, equal access, and full inclusion of people with disabilities.
- ◆ **IL FUNDING** ~ Support funding opportunities for Independent Living throughout Oregon.
- ◆ **EDUCATION** ~ Educate that disability is a natural part of our shared human experience.
- ◆ **LEADERSHIP DEVELOPMENT** ~ Enhance effective, active, knowledgeable leadership in the Independent Living movement to further systems change and promote the Independent Living philosophy.

The order of these goals does not indicate priority order, yet as a disability advocacy council, advocacy is an ongoing top SILC priority, with IL funding a high financial priority.

*People don't care how much you know, until they know how much you care. ~ unknown*

## SILC FY 2005 ACCOMPLISHMENTS

The SILC's unique structure as an agency with mandated autonomy, mixed with federal laws regarding the flow of funds and Oregon laws that limit the options for SILC's placement often leads to an intermingling of accomplishments and problems ~ where our strengths may also be areas of concern... where the actions taken to address problems may contribute to success while also leading to new potential problems at times. For that reason, we offer this summary of the SILC's accomplishments, problems, and actions taken ~ often intermingled in this narrative, as they are in real life.



### ADVOCACY ACCOMPLISHMENTS

◆ **SILC partnerships** ~ Continued involvement in state and national committees and projects, resulting in increased education and outreach, infusion of IL philosophy in partner agencies, beneficial advocacy and systems changes, creative fund opportunities and projects, and earning the SILC a reputation of being a valuable and sought after partner at local, state, and national levels. Among peers at the state and national levels, the Oregon SILC is considered an innovative leader and an expert on SILC, CIL, and IL issues, and creative fund diversification. State and national agencies, individuals, and legislators continue to seek our Director's participation, advice, knowledge and presentations based on the professional and credible reputation she has earned for herself and for the Oregon SILC as a leader and resource and valuable partner in the disability community and beyond

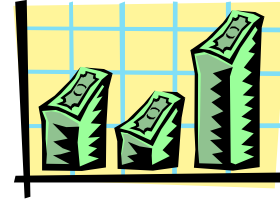
- ◆ **CIL Advocacy network** ~ Initiated the formation of a CIL advocacy network that will work together to coordinate distribution of disability advocacy issues, information, and timeframes if applicable, and acting as a motive force on key advocacy issues as they come up.
- ◆ **Help America Vote Act (HAVA)** ~ The Help America Vote Act was passed by Congress in October 2002 to making sweeping reforms to the nation's voting process. It includes provisions for replacement of punchcard and lever voting systems, creation of centralized voter registration database, new voter identification requirements, access for people with disabilities, and enhanced voter outreach. Tina Treasure, our Executive Director, was involved in HAVA committees. One committee coordinated an Accessible Voting Vendor Fair and invited people to use the various voting systems, and provide feedback on ease of use and accessibility. HAVA used the information they gathered as a basis for developing an RFP for an accessible voting system. Oregon is also working to have several alternate pilot accessible voting systems available to meet federal requirements for accessible voting this year via phone, disk, and computer, with a strategic plan under consideration for a long-term viable solution for the future.

*How many cares one loses when one decides not to be something but to be someone. ~  
Coco Chanel*

*I believe that every right implies a responsibility; every opportunity, an obligation;  
every possession, a duty. ~ John D. Rockefeller Jr.*

## IL FUNDING ACCOMPLISHMENTS

- ◆ **IL fund shortage recouped** ~ Background: In Oregon, Title VII, Part B funds have been allocated to the SILC, and then shared via contract with Oregon CILs. However, the Title VII, Part B funds are limited. Our most significant accomplishment to date was the extensive education that the SILC, SILC partners, and especially the CILs and CIL lobbyist did that resulted in the Oregon 2001 Legislature approving \$1.3 million of State IL funds ~ the first time ever that Oregon has received state IL funding!!!



We expected that legislative approval insures stable funding, but we've learned that since IL funds are general fund and unmatched dollars, they are always at risk of being cut, and especially so when the state experiences budget deficits. The Oregon Legislature only approved a fraction of previous state IL funds for the 2003-2005 and 2005-2007 bienniums - \$500,000 for each biennium.

The SILC and OVRS developed a mutually beneficial capacity-building project that utilizes federal match funds to continue funding the CIL Network and enhance VR/IL partnerships. This resulted in Oregon's emerging CILs receiving more funds than ever before. In this project, CILs work with their local VR branch offices to coordinate services, strengthen connections, and provide holistic employment related IL services to VR consumers. This project provides the funding that enables IL services to remain intact across the state while enhancing the strong Oregon IL/VR relationship.

Other fund diversification projects were developed with DD brokerages, SPD, HAVA, and Violence prevention agencies. These opportunities were offered to qualified, interested CILs. A feasibility research project is in progress for possible CIL involvement in PAS, provider training and an expansion of the Independent Choices programs as another avenue for fund diversification and enhancement of consumer directed services.

The Oregon SILC is considered an exemplary and sought-after model at the national level for the variety of creative fund diversification projects they have developed. With all CILs experiencing ongoing challenges of unstable funding, these opportunities provide CILs with additional funds for services, and/or for reporting on services they currently provide. These alternate creative funding opportunities help compensate and often provide the means for IL services to continue in unserved and underserved areas ~ providing necessary dollars for developing CILs to keep their doors open and continue to provide IL services in their communities to the many individuals who need them.



## EDUCATION ACCOMPLISHMENTS

- ◆ **Marketing materials** ~ Staff updated the SILC brochure, recruiting materials, IL presentation outline, conference display materials, and new member handbooks; a new conference packet was created; a Powerpoint presentation is in the works; SILC meeting materials have been updated and organized in transportable file boxes; a display map was created that shows

CIL service areas and SILC member representation; SILC logo options were developed. In addition to saving time and developing a more consistent look, these new and updated materials contribute to the SILC conveying as a credible and organization with professional display materials to share in education, outreach, and advocacy activities.

## LEADERSHIP DEVELOPMENT ACCOMPLISHMENTS

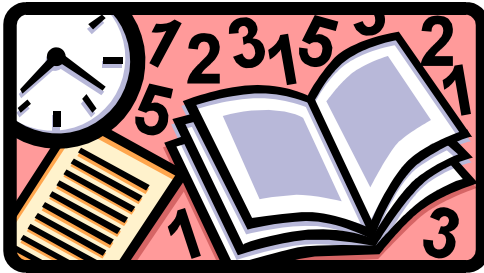
- ◆ **Outreached to youth** ~ Young adults are an underserved population that are particularly important to reach since they will be the ones to carry the IL movement into the future. When money has been available, the SILC has contributed funds to the Oregon Disabilities Commission's (ODC) annual Youth Leadership Forum (YLF) as a means to outreach to young adults. The YLF is a four day workshop where young adults with disabilities are mentored in philosophies and techniques for empowerment, increasing choice and independence, and developing advocacy and leadership skills.



For the 2005 YLF, the SILC contributed funds, and coordinated a SILC presentation and interactive game at the conference, as a means of outreaching to youth and contributing to their empowerment, independence, and leadership skills

- ◆ **SILC Chair training** ~ Developed curriculum and implemented training for SILC committee Chairs ~ to increase their skills in facilitating meetings effectively, encouraging member participation, and nurturing leadership within their committees and beyond.
- ◆ **Committees re-structured** ~ Focused on re-energizing SILC and committee members by rejuvenating and re-structuring committees, simplifying committee workplans, and emphasizing the importance of participation as an avenue to become actively involved as peers, disability advocates, and leaders in the SILC and in LIFE in general.
- ◆ **New member orientation** ~ Developed and implemented a new member orientation to insure that SILC members have the knowledge and resources to be effective council members, IL advocates, and leaders.
- ◆ **CIL reviews; Best Practices report developed & shared** ~ Coordinated reviews of 5 non C-funded CILs, with extensive technical assistance, staff and CIL peer mentoring, and resource and information sharing. As a result of these reviews, a CIL Best Practices report was developed and distributed as a means of furthering CIL development, and improving CIL and IL practices, structure, accountability, credibility, and administrative processes.
- ◆ **CIL database software** ~ Researched and identified a CIL database package with tracking and reporting features needed to fulfill SILC, CIL, state, federal, and other grant requirements. The SILC allocated funds for interested CILs to purchase a year's subscription and technical assistance hours for the software ~ increasing data tracking and reporting accuracy and consistency within Oregon CILs and the SILC, and reducing time spent on tracking and reporting. As a result, CIL staff can devote more time to providing IL services, spreading IL philosophy, and developing leadership within their CIL and independence and leaders with their consumers.
- ◆ **CIL training** ~ The SILC gathered information about CIL training needs from CILs, staff, SILC committees, 704 reports, CIL reviews, and Consumer Satisfaction Survey responses and created a list of recommended CIL training needs. The SILC approved \$50,000 for a CIL training budget to fund quarterly CIL training sessions, and other CIL trainings as needed. CIL trainings have included Violence Prevention Services training

(PSU Project), OVRs partnership/fees for services training, brokerage services training, fees for service opportunities, Community Rehabilitation Provider (CRP) training and opportunities, Crime Victims Assistance program, funding assistance to attend the Region X IL Conference and a WRAW workshop, PAS, Independent Choices, Nursing Home Relocation, OVRs match/partnerships, OVRs "Bubble dollars" RFP, funds to hire a consultant to develop SPD projects, and rate-setting. These trainings and opportunities strengthen CIL expertise and capacity and foster a more consistent, professional, and viable CIL network.



## ADMINISTRATIVE ACCOMPLISHMENTS

- ◆ **Consumer survey summaries** ~ Consumer satisfaction surveys are one method that CILs use to solicit input from consumers about IL services, additional services desired, and ways to improve. For several years now, Oregon CIL Directors have been using a common form for their annual consumer surveys to insure statewide consistency in consumer input and SILC staff receive and compile the survey responses. In the process of compiling survey results, SILC staff identified possible revisions that could be beneficial revised for tracking and reporting purposes. SILC staff drafted a revised form, summarized the proposed changes and the reasons for each, and solicited CIL input on the proposed changes. Based on positive feedback from the CILs, future surveys will implement improvements to collect more specific breakdowns of some important disability statistics.
- ◆ **SILC placement research progressed** ~ Ambiguity in the Rehab Act results in different interpretations of the role and autonomy of SILCs. Nationally, SILCs struggle with placement and structure that fits the letter and intent of the law, while also being legal and work-able in their states. The SILC researched and considered placement options and decided to: 1) maintain existing structure ~ physically housed in DHS, with fiscal authority as required by law, 2) continue to maintain close relationships so that partner agencies understand and protect SILC autonomy, 3) reconsider SILC placement each biennium, and 4) continue involvement at the state and national level to influence changes that clarify the ambiguity in the Rehab Act.
- ◆ **SILC staffing** ~ Implemented staff and workload plans that improved efficiency and staff capacity ~ resulting in more time to develop partnerships and creative fund opportunities, and allowing for increased participation in state and national committees and projects that further the SILC's Mission and SPIL goals. The SILC's staffing plan has been successful far beyond our expectations ~ the SILC has been able to bring financial work in-house, consolidate and organize files, update databases and records, manage and track contracts more effectively, update meeting, conference, presentation, display, and marketing materials, get a SILC website up and running, develop SILC reference and resource materials, and coordinate meeting logistics and details more effectively. The Executive Director has had more time available to build and develop valuable partnerships that have resulted in SILC and CIL funding opportunities, increased SILC visibility, expanded outreach and education, and built on the SILC's reputation as valued disability advocates, and an important connection and resource on disability issues.

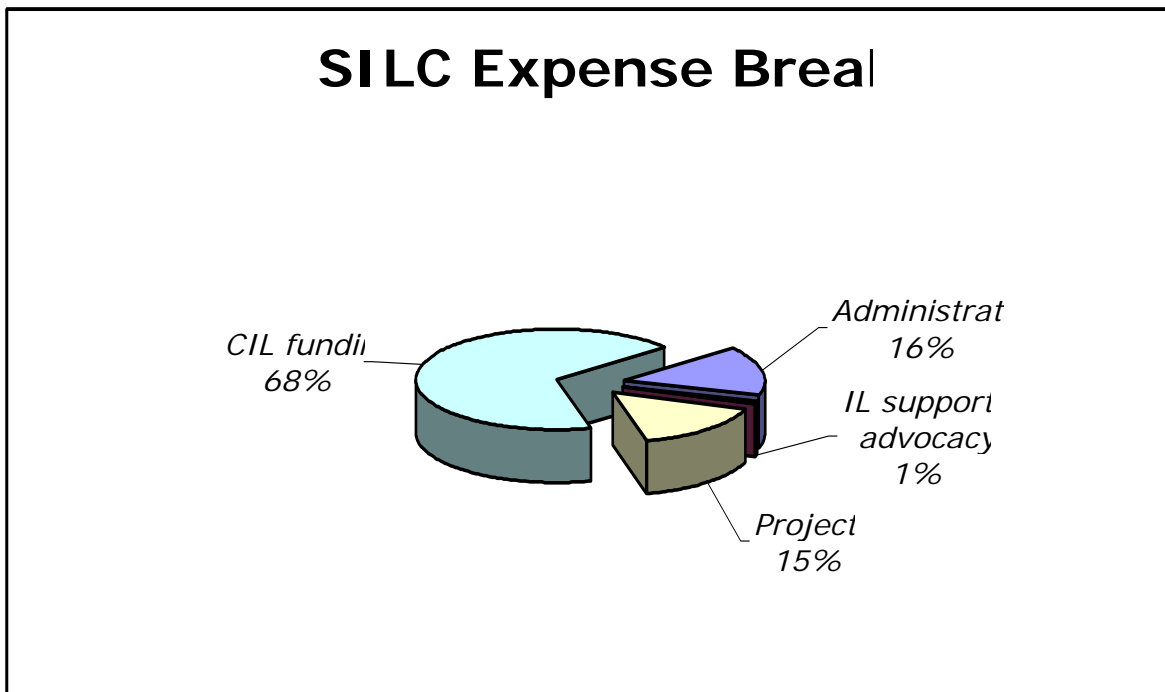
## SILC FINANCIAL REPORT SUMMARY

The SILC financial report through September 30, 2005 of the 2003-2005 state biennium reflects \$2,396,371 revenues received and 2,019,024 funds expended, leaving a carryover of \$377,347.

### **Breakdown of expended funds:**

Administrative	\$318,108	15.76%
IL Support and Advocacy	\$20,417	1.01%
Projects	\$310,583	15.38%
CIL funding*	\$1,369,916	67.85%

*Note: CIL funding for the financial report reflects biennium expenditures; CIL funding levels on page 8 reflect annual CIL contracts, based on the SILC and federal fiscal year ~ October through September.*



*Becoming responsible adults is no longer a matter of whether children hang up their pajamas or put dirty towels in the hamper, but whether they care about themselves and others ~ and whether they see everyday chores as related to how we treat this planet.*

~ Eda LeShan

*She was the archetypal selfless mother: living only for her children, sheltering them from the consequences of their actions ~ and in the end doing them irreparable harm.*

~ Marcia Muller

*SILC FINANCIAL REPORT DETAIL  
Through September 30, 2005  
of the 2003-2005 biennium*

**SILC REVENUES**

**General Revenues**

Fund Carryover.....	\$274,800
State IL General funds.....	\$562,500
Federal Part B funds.....	\$581,801
Federal Part C funds.....	\$29,200
Federal Match funds.....	\$620,070
<b>General Revenue Total:</b>	<b>\$2,068,371</b>

**Project Revenues**

WORKBENEFITS project.....	\$150,000
Mentor Hub funds.....	\$150,000
Resource Developer.....	\$20,000
PSU Anti Violence.....	\$8,000
<b>Project Revenue Total:</b>	<b>\$328,000</b>

**TOTAL REVENUES** **\$2,396,371**

**SILC EXPENSES**

**Administrative Expenses**

Staff.....	\$222,989
Accommodations.....	\$6,346
Committees.....	\$8,725
Equipment/supplies.....	\$5,522
General: phone, postage, dues.....	\$2,142
Meetings.....	\$50,494
Public education.....	\$14,581
SILC member training.....	\$7,309
<b>Administrative Expense Total:</b>	<b>\$318,108</b>

**IL Support/Advocacy Expenses**

Advocacy support.....	\$128
Leadership Development.....	\$5,000
Education/outreach.....	\$1,000
CIL training/support.....	\$14,289
Website/misc.....	\$0
<b>IL Support/Advocacy Total:</b>	<b>\$20,417</b>

**Project Expenses**

Mentor Hub.....	\$150,000
DBPIC Work Benefits.....	\$136,946
Resource Developer.....	\$20,000
Anti-Violence PSU Project.....	\$3,637
<b>Project Expense Total:</b>	<b>\$310,583</b>

**CIL Funding** **\$1,369,916**

**TOTAL EXPENSES** **\$2,019,024**

**CARRYOVER TO FY05/06** **\$377,347**



## What Next? . . .

During FY2004/05, the SILC continued with the SPIL concept that the best uses of the limited funds available were continued support of existing CILs, and focusing on education, outreach, and networking.

The SPIL goals, objectives, and activities reflect the SILC's ongoing belief that in order to spread the IL philosophy, and create additional Centers for Independent Living, the SILC must focus on increasing individual, agency, and community awareness about, and practice of, the independent living philosophy in service delivery, **and** more importantly, as a LIFE philosophy that applies to everyone.

The coming year will include preliminary discussions and planning for the 2008-2010 SPIL. Regardless of the specific goals and objectives that are identified for that period, the instability of IL funding is likely to remain a challenge. This uncertainty makes it more important than ever to continue spreading the word about the benefits and **cost savings of IL services**; to develop partnerships, opportunities, and projects; and to provide training, resources, and technical assistance to increase creative fund development opportunities and expertise.

As we reflect on where we've been, and consider how to improve and build on our accomplishments to further the SILC Mission and move forward on our State Plan for Independent Living (SPIL) goals, our upcoming work will include the following activities as ways to keep planting seeds, finding and creating opportunities, and reaching for the stars...

- ◆ Ongoing work, collaboration, and advocacy to develop IL funding and creative fund diversification strategies
- ◆ Outreaching to youth and promoting leadership development
- ◆ Participating in IL issues and advocacy at the national and regional levels
- ◆ Continuing and expanding collaboration, networking, education, infusion of IL philosophy, and systems change advocacy activities through ongoing involvement in key disability and high level policy making agencies, committees, and boards
- ◆ Ongoing education and outreach through presentations about the SILC, CILs, and IL philosophy
- ◆ Ongoing peer mentoring, with established CILs mentoring newer CILs, and our SILC mentoring other SILCs and exchanging ideas about SILC autonomy, DSU relationships, and CIL fund diversification strategies
- ◆ Ongoing education, outreach, and advocacy through presentations, by serving on statewide workgroups, and by widely sharing the benefits and cost savings of IL services and philosophy at every opportunity we can find or create.



*Begin doing what you want to do now.  
We are not living in eternity. We have only this moment,  
sparkling like a star in our hand ~ and melting like a snowflake... ~ Marie Beyon Ray*

## Acknowledgements . . .

The SILC is grateful to the many legislators, agencies, and individuals that have contributed to the growth and development of IL funding, the SILC, CILs, and IL philosophy and services all along the way of our development. Thanks to each of you, and to the many others whose names we may not know, but we are deeply grateful nonetheless...

Oregon IL supporters in the Legislature

Dr. Bruce Goldberg ~ DHS Administrator

Stephaine Parish-Taylor ~ OVRS Administrator

Linda Mock ~ Oregon Commission for the Blind

Frank Synoground ~ Oregon Commission for the Blind

James Toews ~ SPD Administrator

Oregon CIL Directors

PAC ~ CIL lobbyist

Portland State University

Oregon Secretary of State's HAVA Office

Oregon Cross-Disability Coalition

Senator Gordon Smith

We look forward to working with our many partners in the upcoming years to spread the IL philosophy, so that ALL people may enjoy their right to life, liberty, and the pursuit of happiness ~ **choosing** their own paths, speaking their minds, climbing their mountains, pursuing their dreams, making decisions, taking responsibility, accepting the consequences of their decisions ~ with ALL people included in work, love, and LIFE.



Thanking each of you for your work in this journey; wishing each of you dreams come true.

*May you live all the days of your life ~ Jonathan Swift*