

Southern Illinois Center for Independent Living

Quarterly Distribution

September 2009

Voice Your Support for Personal Assistant Programs at CILs ... and Do It Now!

For over 19 years the Southern Illinois Center for Independent Living's Personal Assistant Referral and Training Program has provided services that are critical to people with disabilities (consumers) who rely on Personal Assistants (Pas) to remain in the community and out of costly institutions.

For over 19 years SICIL has provided lists of work-ready PA candidates to consumers wanting to hire them. In so doing; consumers have saved valuable time in searching out someone who is trained (SICIL staff provide both general and specialized training in all areas of care), whose skill level and experience match their need; and, very importantly, whose background has been checked locally for major crimes that could put the consumer at risk. SICIL services not only address the consumer's need, but also helps PA candidates find work!

ple with disabilities and their families in becoming first time home owners.

We are proud of our history of service to persons with disabilities who hire and use the services of one or more Personal Attendants so they may work and play in their communities, and enjoy independence rather than ending up in an institution! That's why we regret the closing of this Program which has been the foundation of personal independence for so many, SICIL and across the state. We have been told that the PA Recruitment, Training, and Referral Program through Illinois CILs will not be funded (will be sacrificed) after September 30, 2009. And so

SICIL along with 22 Centers for Independent Living across the state has launched an advocacy campaign to restore the money for PA programs to CILs. We need your help in letting the Governor of Illinois, your congress members, ORS Director Kilbury know that closing PA programs across the state is costly and risky to Illinoisans with disabilities. A flier has been enclosed to help you do that!

We need each reader of this newsletter, certainly every PA employer and their PA, to contact as many of the people you have given the power to STOP this cut in CIL services or **THEY WILL BE GONE** as of October 1, 2009. You can direct any discussion or questions you may have to our PA Coordinator, Gary Philps, or Program Director Barb Stotlar.

NOTE: Home Service consumers will to continue to have PAs and PAs will continue to be paid for services after October 1st. The cut in the SICIL PA Program will not affect your eligibility for HSP, number of hours, or types of PA services you will receive from ORS.

Inside this issue:		In the past, lists of trained and screened PA candidates have been made available to other agencies serving people with disabilities as well. These include The Towers Apartments, The Office of Rehabilitation Services, SIU at Carbondale, the Carbondale Police Department, the Crime Victims Advocate, the Southern
Better Than a Hearing Aid?	2	
Health Care Fraud Can Affect Everyone	3	
Online Job Resources	4	
U.S. Launches New Disability Web Site	5	
Wheelchairs of the Future	5	
New Guide for Disabled Travelers	5	

Illinois Traumatic Brain Injury Program, and more.

We have worked with consumers who have difficulty keeping PAs by mediating or training in management skills. We have testified at appeal hearings, assisted both consumers and the local Office of Rehabilitation in determining eligibility for state funding for PA services, and more recently worked with peo-

Better Than a Hearing Aid? Better Hearing with Bone Conducted Sound

Source: Science Daily

New technology to hear vibrations through the skull bone has been developed at Chalmers University of Technology. Besides investigating the function of a new implantable bone conduction hearing aid, Sabine Reinfeldt has studied the sensitivity for bone conducted sound and also examined the possibilities for a two-way communication system that is utilizing bone conduction in noisy environments.

A new Bone Conduction Implant (BCI) hearing system was investigated by Sabine Reinfeldt. "This hearing aid does not require a permanent skin penetration, in contrast to the Bone-Anchored Hearing Aids (BAHAs) used today," she said.

Measurements showed that the new BCI hearing system can be a realistic alternative to the BAHA. Sound is normally perceived through Air Conduction (AC), which means that the sound waves in the air enter the ear-canal and are transmitted to the cochlea in the inner ear. However, sound can also be perceived via Bone Conduction (BC). Vibrations are then transmitted to the cochleae through the skull bone from either one's own voice, the surrounding sound field, or a BC transducer.

In two-way communication systems, BC is believed to improve the sound quality when used in extremely noisy environments which require hearing protection devices in the ear-canal.

Several studies were performed to investigate the possibilities for a BC communication system and to increase the general knowledge of BC sound perception.

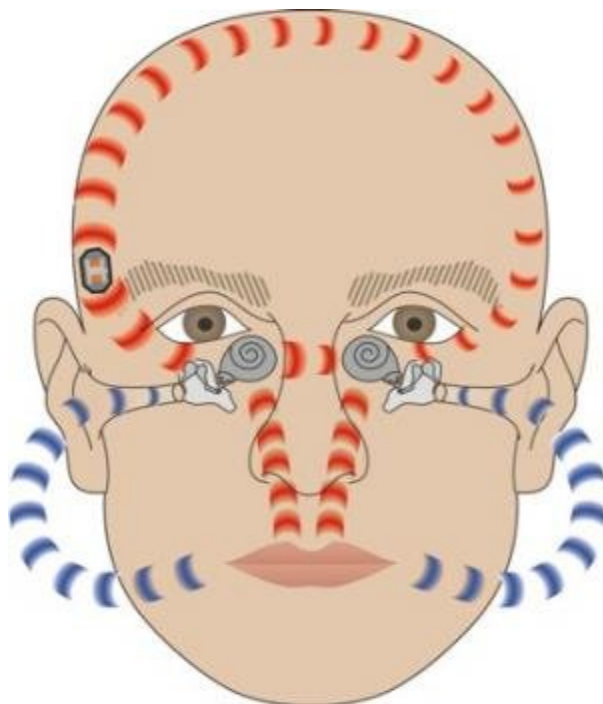
The low-frequency increase in perceived BC sound when wearing ear-plugs and/or ear-muffs is called the occlusion effect. This effect was studied by different methods and it was found that it is lower for deeper insertion of ear-plugs and for larger ear-muffs, and that it varies for different stimulations.

The difference in sensitivity of the BC and AC parts of one's own voice was estimated, showing that the BC component dominated for most sounds between 1 and 2 kHz. To be able to measure the BC component of a person's own voice, a large ear-muff was developed to attenuate the AC sound and to minimize the occlusion effect.

The study also showed that the sensitivity difference between the BC and AC parts of one's own voice were different for different kinds of sounds, depending on where in the mouth the sound is produced and on the influence from the vocal cords.

Also, estimated was the difference in sensitivity between BC and AC sound from a surrounding sound field, demonstrating that the BC part was 40 to 60 dB lower than the AC part. This measure gives the maximum attenuation achievable with ordinary hearing protection devices, like ear-plugs and ear-muffs. It also shows the possible noise reduction from the surrounding noise by using a BC microphone, instead of an ordinary AC microphone in front of the mouth, to record one's own voice in a noisy environment.

Moreover, the amount of BC sound reaching the cochleae from different positions of the skull bone was examined with the conclusion that relative BC hearing can be estimated from ear-canal sound pressure and cochlear vibrations



Health Care Fraud Can Affect Everyone... Including You

By: Bill Kaiser

Health care fraud is a crime. It's committed when a dishonest provider or consumer intentionally submits, or causes someone else to submit, false or misleading information for use in determining the amount of health care benefits payable.

Some examples of provider health care fraud are:

- billing for services not actually performed
- falsifying a patient's diagnosis to justify tests, surgeries or other procedures that aren't medically necessary
- misrepresenting procedures performed to obtain payment for non-covered services, such as cosmetic surgery
- upcoding – billing for a more costly service than the one actually performed
- unbundling – billing each stage of a procedure as if it were a separate procedure
- accepting kickbacks for patient referrals
- waiving patient co-pays or deductibles and over-billing the insurance carrier or benefit plan
- billing a patient more than the co-pay amount for services that were prepaid or paid in full by the benefit plan under the terms of a managed care contract

Tips to protect yourself from health care fraud:

- Never give your Medicare or Medicaid number (or any part of it) to someone you don't know. Protect these numbers like credit card numbers
- Never give your Medicare number, Medicaid number, Social Security number, or account numbers to someone who calls on the phone or comes to the door, even if the caller says they are "from Medicare." Medicare will not usually call or come to your door. If someone from Medicare does call you, they won't ask for your personal information.
- If a caller tries to threaten or pressure you into something, hang up the phone!
- Don't take medical services, supplies, or equipment from someone who calls on the phone or comes to your door. Don't use TV or magazine ads, either. Only your doctor can order services, supplies, or equipment for you. Also remember that "Medicare" doesn't sell anything.
- Don't give your Medicare or Medicaid number (or part of it) to receive free services. If it is free, they don't need your Medicare number!
- Don't keep mail in your mailbox for more than one day. People can steal your personal information from your mail! Also, remember to rip up or shred papers with your information on them. Don't just throw them away. Crooks go through the trash!
- Stay away from people who say that something isn't usually covered, but they know how to bill to get it paid. They are lying – to you, and to Medicare!

Online Job Resources

By: Bill Kaiser

Do you need to find a job but do not know where to start looking? Here are some online resources that have tutorials and articles about job hunting and most of all job listings.

job-hunt.org

A list of tips for self-promotion and links to 11,000 employers and job search resources.

careerjournal.com

Articles from papers, such as the Wall Street Journal, and more than 125,000 listings.

quintcareers.com

Links, tutorials, and advice aimed at everyone from students to career switchers.

monster.com

200 million job postings and an easy resume-upload feature.

careerbuilder.com

Not only paid listings but also classifieds from 200 papers across the country.

hotjobs.yahoo.com

You can save your job searches, see the number of times your resume is viewed, and sign up for e-mail alerts.

indeed.com

You can zero in on relevant jobs among the one million plus in the index by salary, location five miles, and more.

simplyhired.com

More than three million jobs and you can then filter the results by job types, education, work experience, company name, revenue, size, or other characteristics.

jobster.com

The site is half job board and half search engine. You can register to just create a resume and not to search listings, or to sign up for alerts.

jobfox.com

Site uses a five-point method to match up employers and job hunters in over 300 professions and at over 3,000 companies.

craigslist.org

Site where people can swap and their goods. The site also draws a fair share of local employers and has become a source for freelance.

oodle.com

Combination of classifieds board and aggregator indexes mostly non corporate, nontechnical jobs and organizes them by area.



U.S. Launches New Disability Web Site

In conjunction with the 19th anniversary of the Americans with Disabilities Act, the U.S. Department of Labor has re-named and re-launched DisabilityInfo.gov as Disability.gov. Available at <http://www.disability.gov>, the site offers comprehensive information about programs and services to better serve more than 50 million Americans with disabilities, their family members, veterans, employers, educators, caregivers and anyone interested in disability-related information.

The new Web site integrates content from 22 federal agencies and will be managed by the Labor Department. The former DisabilityInfo.gov site was revamped with social media tools to encourage interaction and feedback, and new ways to organize, share and receive information. Visitors can sign up for personalized news and updates, participate in online discussions and suggest resources for the site. New features include a Twitter feed, Really Simple Syndication feeds, a blog, social bookmarking and a user-friendly way to obtain answers to questions on such topics as finding employment and job accommodations. Additional tools will be added during the months ahead.

The site is organized into 10 subject areas: benefits, civil rights, community life, education, emergency preparedness, employment, health, housing, technology and transportation. By selecting a category, visitors are directed to useful information on federal and state government programs and services, news and events, grants and funding opportunities, and more.

Disability.gov contains thousands of links to reliable information from its federal agency partners, as well as educational institutions, nonprofit organizations, and state and local governments.

Wheelchairs of the Future to be Controlled by Thought

Source: Disability Scoop



If you think it, it will move. That's the idea behind new wheelchair technology from Toyota which responds to commands from a user's brain waves.

The development is significant because of the speed with which the technology can analyze brain wave commands. In just

125 milliseconds — so fast that users do not sense any delay — the chair can respond to commands to go forward, right or left.

Here's how it works: the individual using the wheelchair wears a cap, which reads brain waves. A computer program analyzes the brain waves and tells the wheelchair where to move. The only hitch right now is stopping the chair, which reportedly requires users to puff their cheek.

The technology is still being researched and Toyota currently has no plans to make it publicly available.

New Guide for Disabled Travelers

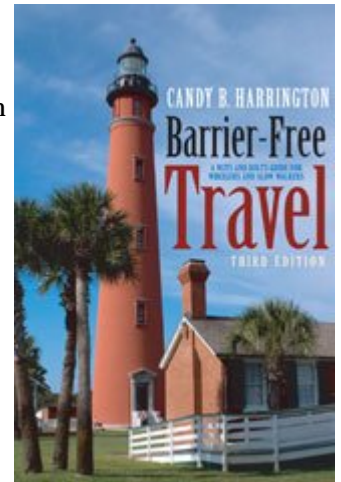
By: Bill Kaiser

Thinking about taking a vacation? Afraid to take the leap because you use a wheelchair? The new edition of a popular resource guide may be just the thing to get you moving.

The third edition of *Barrier-Free Travels: A Nuts and Bolts Guide for Wheelers and Slow Walkers*, contains detailed information about the logistics of planning accessible travel — whether by plane, train, bus or ship.

As you know, planning an accessible vacation can be daunting if you don't even know where to start, but this book gives you the resources to do it. At the same time, the book will save you time, money and frustration in the process.

The book includes important details about accessible air travel, traveling with oxygen, accessible ground transportation, choosing a travel agent, online booking, accessible recreation and budget travel. It is available in bookstores, or online at www.barrierfreetravel.net



SICIL

2135 W. Ramada Lane
Carbondale, Illinois 62901

Phone: 618-457-3318
Fax: 618-549-0132
Email: sicilccc@neondsl.com

NON PROFIT ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO.. 95
CARBONDALE, IL 62901

This newsletter is available on audio tape

Future of SICIL's Newsletter

This will be the last issue of our newsletter that will be distributed by mail. In the future, the newsletter will be published **ONLY** on our website. The address of our website is www.sicil1.org

