

# MetroWest Center For Independent Living



## 2018 Annual Report

### 26 Town Service Area

Ashland	Bellingham	Dover
Foxboro	Framingham	Franklin
Holliston	Hopkinton	Hudson
Marlboro	Maynard	Medfield
Medway	Millis	Natick
Needham	Norfolk	Plainville
Sherborn	Southboro	Stow
Sudbury	Wayland	Wellesley
Weston	Wrentham	



# Message from the Executive Director

## Mission Statement

MWCIL enhances the full participation of persons with disabilities in the community.

## Vision

All people with disabilities are empowered to choose how they experience Independent Living.

## Leadership Team

Paul W. Spooner—Executive Director

Rose Quinn—Assistant Director

David Correia— Director of Advocacy

Winifred McGraw—Executive Assistant

## Board of Directors

Joe Bellil—President

Edward Carr—Treasurer

Tammy Laverty

David Whitenett

Sebastian Leu

Tyler Terrasi

Michael Kennedy

Surprisingly, given the uncertainty in Washington, 2018 had positive financial news for MWCIL with a state increase to the IL budget line item. The increase will allow us to hire more staff as we continue to get and keep people out of institutions.

Another legislative success was a significant increase to the Alternative Housing Voucher program.

We will continue to press hard to pass a law to align Massachusetts Architectural Access Laws with the Americans with Disabilities Act. Passing this law will result in more accessible housing, as well as more job opportunities for people needing accessible locations.

In spite of these successes, housing continues to be a top barrier for our consumers. We now hold Housing Workshops about this complex process and have helped 25-50 people learn the process and improve their living situations.

MWCIL is very involved in voting efforts. We worked with the Disability Law Center to monitor accessibility at polling places. We actively participated in REV-UP Massachusetts to get more people with disabilities to register and vote. And we provided clarification on the 2018 Ballot Questions.

*MWCIL will continue to fight for the advancement of disability rights and to increase the opportunities for people with disabilities.*

Sincerely, Paul W. Spooner





# Financial

## Statements of Financial Position for the Period Ended June 30, 2018

## Statements of Activities and Changes in Net Assets for the Period Ended June 30, 2018

<b>Support and Revenue</b>	
<i>Program Operating Revenues:</i>	
Contract Services	\$1,037,489
Service Fees	7,317
<i>Gifts, Grants and Contributions:</i>	
Gifts, Grants and Contributions	5,889
Special Event Proceeds	
Less: Cost of Direct Benefits to Donors	
<b>Total Support and Revenues</b>	<b>1,050,695</b>
<b>Functional Expenses:</b>	
<i>Program Services:</i>	
Independent Living Services	727,212
Statewide Independent Living Council	147,006
Total Program Services	874,218
<i>Supporting Services:</i>	
Administrative	165,266
Total Supporting Services	165,266
<b>Total Functional Expenses</b>	<b>1,039,484</b>
<b>Changes in Unrestricted Net Assets</b>	<b>11,211</b>
<b>Unrestricted Net Assets, Beginning of Year</b>	<b>386,110</b>
<b>Unrestricted Net Assets, End of Year</b>	<b>\$397,321</b>

### Assets

#### Current Assets:

Cash	\$247,879
Accounts Receivable, Program Services	185,382
Prepaid Expenses	12,001
<b>Total Current Assets</b>	<b>445,262</b>

#### Property and Equipment:

Office Furniture and Equipment	37,175
Less: Accumulated Depreciation	(30,866)
<b>Net Property and equipment</b>	<b>6,309</b>

#### Other Assets

Security Deposits	4,162
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#### Total Assets

**\$455,733**

### Liabilities and Net Assets

#### Current Liabilities:

Accounts Payable and Accrued Expenses	\$10,632
Accrued Payroll and Related Costs	47,780
Deferred Revenue	
<b>Total Current Liabilities</b>	<b>58,412</b>

#### Unrestricted Net Assets:

Operating	391,012
Property and Equipment	6,309
<b>Total Unrestricted Net Assets</b>	<b>397,321</b>

#### Total Liabilities and Net Assets

**\$455,733**

This document is sourced from various reports. The financial audit is based on the State Fiscal year (July 1 2017–June 30, 2018), and the 704 Report is based on the Federal Fiscal year (October 1, 2017–September 30, 2018). Please contact us with any questions!



# The Core Services

## at MetroWest Center for Independent Living

Total number of staff	13
Staff with disabilities	9
Consumers Served	535
Individual Services	1252
Service Hours	4145

### Options Counseling

For individuals needing long term care services, we provide information and assistance in connecting with appropriate resources. This service is typically needed during a time of crisis or when an individual's situation is changing dramatically. Learning their options allows consumers to make informed decisions about their care and where to receive it.

Besides counseling, Elizabeth spends significant time in outreach at hospitals, senior centers and other area institutions, so that when a crisis hits, individuals are aware that MWCIL Options Counseling can help them analyze their situation and select the best choices.



### Information and Referral

MetroWest Center for Independent Living provides disability and community related information to all individuals with disabilities, family members, service providers, and community members who request it.

### Peer Support

One-on-one peer mentoring helps people with disabilities develop mutual support, assistance, confidence and understanding. MWCIL provides peer support in a consumer-directed manner over the telephone, in person at the center, or at a consumer's living site.

### Advocacy

MWCIL participates in Advocacy based on consumer and/or community issues. MWCIL advocates for needed legislation as well as funding and enforcement of existing laws to improve the quality of life for all people living with disabilities. MWCIL also supports consumer self advocacy which empowers consumers to be assertive and articulate when faced with obstacles to independent living goals.

### Independent Living Skills Training

Independent living skills training is personally tailored to achieve consumers' goals. Some skills relate to personal growth, others relate to learning more about how to handle and navigate services and responsibilities.

### Transition

Since 2015, Transition has been recognized by the Administration for Community Living as a fifth core service. At MWCIL, we have always supplied transition services as we move consumers from institutions to the community, as we work with youths transitioning to adulthood (TAP), and as we aid consumers living with changing disabilities to maintain their independence.



# Other Services

## Transition to Adulthood Program

TAP Coordinators work with local students as they prepare for college, work, and life after high school. Outreach continues to be key, as the student population changes every year, and as we expand to all of the towns in our service area.

Typical tasks include college preparation such as applications and essays and help with the written driver's test. TAP Coordinators advocate at IEP meetings, and support senior projects that match student interests. Coordinators help with job searching skills, and independent living skills. Students have a unique set of skills to learn as they move towards adulthood.

## Community Transition

Ashley and Danya have been our experts on helping people move out of nursing homes and into the community. This process is long and complex. The sometimes daunting tasks include:

- Navigating housing
- Setting up a new household
- Acquiring new services,
- Maintaining good health care and more.

To the people who move out, their help is invaluable.

## TAP—Transition to Adulthood Program

The Transition to Adulthood Program is for 14-22 year old people with disabilities. Most youth services are no longer available after age 22, so it's critical for students to plan their transition into adult services. Our traditional IL Core services are tailored to young people, and their age-related needs. Students learn skills and self-confidence so they can successfully transition from special education to an independent adulthood. Expectations for students with disabilities are evolving with broader opportunities for internships, job placements and advanced education and training.

## One Care

One Care is an option for adults age 21-64 at the time of enrollment who are eligible for both MassHealth and Medicare benefits. The goal of One Care is to offer a better, simpler way for people with disabilities to get all the care they need in one streamlined, integrated, person-centered plan. MWCIL staff serve as Long Term Support Services Coordinators and assess consumer goals, needs and supports. As part of the Integrated Care Team, MWCIL staff work with our contracted One Care partner (Commonwealth Care Alliance), to get appropriate supports approved and put in place. Examples of services include arranging homemaking services, transportation, and home health services.



# Advocacy



## Legislators' Forum

The annual Legislative Breakfast on February 2, 2018, sponsored by the MetroWest Center for Independent Living and Easter Seals of MA, was attended by Senator Jamie Eldridge, and Representatives Chris Walsh, Jack Lewis, David Linsky, Carmine Gentile and Danielle Gregoire. Also attending were Paul Madeiros (Easter Seals), Dennis Giombetti (Spilka staff), Karen Langley (DME REquipment) and Joe Bellil (Easter Seals). Each spoke about their priorities for the coming year, and their commitment to Independent Living. As mentioned, they came through with a generous increase in the Independent Living budget line item.

Sadly, this was our last meeting with Representative Chris Walsh before his death on May 2. Representative Walsh was a great friend to MWCIL. One of his last actions was to give his support to the AAB bill which is so important to us. We miss him, his support at the State House and his ready smile.



## Staff participated in annual and ongoing activities:

- Statewide IL Education Day at the Statehouse—2018 priorities included increasing ILC funding, the alternative housing voucher program and aligning AAB regulations with ADA.
- Caring Force Rally to advocate for direct care workers
- The annual Polling and Registration survey for the Disability Law Center to ensure that all polling sites in our service area meet or exceed the required accessibility regulations for all voters.
- Other activities such as MRC's MassMatch newsletter, REV Up MA and the Framingham Disability Commission.
- Outreach table at the annual MetroWest Health Fair sponsored by Senator Karen Spilka.

## The Executive Director serves on:

- The PCA Workforce Council which improves the quality of home-based care for PCA consumers.
- The Consumer Advisory Committee (chair) to ensure consumer involvement in all MetroWest Regional Transportation Authority (MWRTA) services.

## The Advocacy Director's ongoing tasks include:

- Providing technical assistance and filing complaints with the state Architectural Access Board regarding non-compliance with state access laws. Also worked with property owners to resolve access issues without filing a complaint.
- Chairing the MASILC Public Information and Education Committee.
- Organizing and advocating for IL Issues at the state level.



# Advocacy Initiatives



## Alternative Housing Voucher Program

Housing continues to be a major issue. We will continue to advocate for more housing through the AHVP and other avenues.

## An Act Relative to the Architectural Access Board

After passing the State Senate, this bill stalled in the House. Activists simply want MA standards to comply with 2010 federal standards for accessible design. This compliance will increase the number of accessible homes and jobs. We came closer than ever before in 2018, and efforts for 2019 are already underway. This act is too important for people with disabilities.

## REV UP Massachusetts

MWCIL played a significant role in supporting REV UP with managing the website and sending out email blasts to over 450 people in the disability community. MWCIL actively worked on voter registration and voting for people with disabilities. Staff participated in multiple forums.

## IL Funding

The Independent Living Centers secured the first major increase to our line item in years, allowing us to work with more consumers state wide and consider new programs.





## Consumer Stories



These Consumer Success Stories are written by MWCIL staff.

### Claudia

Claudia is a 48 year old woman, with Cerebral Palsy, who had been living in a nursing home for almost all of her adult life, when I met her. MWCIL shared information about the MFP Residential Supports Waiver and Claudia made it her goal to get out of the nursing home with the help of this waiver. Claudia worked very hard with her MWCIL Transition Coordinator and MFP RS Case Manager to get on the MFP RS Waiver. She had to overcome many obstacles. After working on her goal for 4 years, Claudia was able to move back into the community for the first time in over 10 years. She moved to a 4 person MFP RS home in Northborough where she has 24/7 care, 3 female roommates, her own room, freedom to go out into the community whenever she wants, and she is now in charge of what she would like to do and eat on a daily basis. All of these things were not possible when she was living in the nursing home.

Since moving into the community Claudia has seen incredible improvements in her health, mood, and overall outlook on life. Claudia was far too young to be left in a nursing home for the rest of her life and through her hard work and determination she was able to successfully transition into the community where she is very happy and she will continue to benefit from the services of the MFP RS waiver.

### Margaret

I began working with Margaret in March of 2017 while she was living at a rest home in Natick. Margaret has lived in several rest homes around the state since 2012 after a spinal cord injury left her unable to properly take care of herself and her home. Margaret is a fighter and made the decision to not spend the rest of her life in a rest home. She sought assistance from MWCIL and we quickly began working on her goals, mainly obtaining subsidized housing.

In May of 2018 Margaret became very ill due to the conditions at the rest home and decided that staying in a shelter or wherever else she could find would be a better alternative than remaining in an unhealthy environment. Over the next several months Margaret couch surfed with different friends around the state, motivating her to focus on her housing search.

In September of 2018 Margaret was notified by the Bellingham Housing Authority that she had reached the top of their emergency list but they needed to interview her for an apartment. Although she was staying in Rockport at the time, she took the several hour train commute to attend the appointment. After several trips back and forth, and collecting the required documentation, Margaret was ultimately offered the apartment beginning December 1, 2018.

Margaret has stated that she already feels healthier, both mentally and physically because she has a place to call her own. She is planning to work or volunteer part time to stay active and healthy. She is now 71 years old and is happier than she can remember being for a very long time.



## Consumer Stories

### Leo

Leo is a 25 year old man with Sturge-Weber Syndrome which caused him to need brain surgery and resulted in the loss of use of his left arm. MWCIL began working with Leo in September of 2018. He was coming from a bad situation at his mother's house and subsequently a voluntary rehab program for depression. At our first meeting, he had just moved into his father's house and they were really struggling with getting Leo to become more independent.

One important challenge was enabling Leo to make his own food with one hand, especially bagels. He defined finding assistive tools in the kitchen as a major goal.

Shortly after working with Leo I attended the Abilities Expo in Boston. I talked to many vendors with innovative products, the most exciting one being a cutting board with exactly the assistive technologies that Leo had been looking for. I was able to get vendor information and a 20% discount. When I presented this information to Leo and his family they were really excited. His Grandmother said she wanted to give me a big hug!

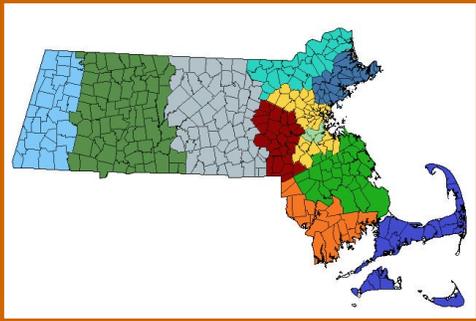
### Sam

I began working with Sam in January 2017, while he was back home living with his elderly mother following the death of his wife of 30 years to cancer, and his subsequent slide into serious mental illness.

We applied for subsidized housing in Needham and Natick. Due to the severity of Sam's depression it took 3 months to get everything together to mail completed applications to Sherwood Village in Natick and to Nehoiden Glen in Needham. Through peer counseling I helped to reassure Sam that his late wife, Geena, knew of his mental illness and alcoholism and chose to love him and to stay with him in spite of it all. I told him the level of despair he was feeling over letting her down was due to how much he loved her. I also stated that he was powerless at that time to save himself, much less her, and if he could have done better, he would have. I could see that these messages were helpful for him to hear. We had to go through repeating them often during our time together as at times his suffering was disabling to the point that it hindered his ability to work through these issues.

Sam had begun to make progress by volunteering at a local supermarket, but after a while we lost touch. Sam was not returning my calls. I later learned that he went through an extended period in which he was disconnecting from all activities, taking himself off of all of his medications and getting more depressed. He lost about 40 pounds. Sam's mother called me with this news, and told me of a letter Sam had received from Sherwood Village. He was near the top of the list and they needed some documents. I helped keep Sam on the list. An apartment was available for him, even as he was first hospitalized at Leonard Morse for serious depression and later sent to McLean's for electro convulsive therapy treatments.

Due to Sam's progress and our combined efforts to assist him with getting a subsidized apartment of his own, Sam was able to move in August, 2018. Sam's apartment is nicely furnished and he is doing okay while we work towards getting him into a part time day program for support and stabilization.



# MASILC

## Massachusetts Statewide Independent Living Council

### 10 Independent Living Centers

Ad-Lib, Inc. - Pittsfield

Boston Center for Independent Living - Boston

Cape Organization for the Rights of the Disabled - Hyannis

Center for Living and Working, Inc. - Worcester

Disability Resource Center - Salem

Independence Associates, Inc. - East Bridgewater

MetroWest Center for Independent Living - Framingham

Northeast Independent Living Program - Lawrence

Southeast Center for Independent Living - Fall River

STAVROS - Amherst

MWCIL provides administrative support and is the financial conduit for the Massachusetts SILC. Under the leadership of Sadie Simone, MASILC has become an effective organization for people with disabilities state wide. MWCIL staff, Paul Spooner, David Correia and Ashley Starr actively participate in MASILC efforts.

The **Statewide Independent Living Education Day** is held annually at the State House in Boston. Legislators, advocates, IL staff and consumers share ideas, plans and priorities. The focus in 2018 was to increase IL funding, to increase accessible housing and to align state AAB regulations with federal regulations.

The **IL Conference** was held in September. Staff and advocates from around the state attended the to learn about the latest IL rules, regulations and efforts. Bruce Darling from the Center for Disability Rights spoke in the morning about civil rights and Marlene Sallo from the Disability Law Center spoke about voting rights. We also heard from Kate Beibel, Deputy Commissioner of MRC, Bill Henning, ED of Boston CIL and Jennifer Lee, president of MASILC.

We honored Shawn McDuff from ILCNSCA who passed away on December 31, 2017. His family, Mary Margaret Moore and Karen Langley shared their memories.





# Website Services

MetroWest Center for Independent Living offers **hosting, design and maintenance of fully accessible websites**. Our services are low cost and high quality. We pride ourselves in designing attractive, clear, and easy to navigate sites with as much information as you need.

Our new sites are written using WordPress, and are fully accessible. We can help you with design and content.

In partnership with MDDC, we created a WordPress website at [www.revupma.org](http://www.revupma.org) for the REV UP Disability Vote initiative. MWCIL has also supplied websites for WILD Help documents and a sharing site for the state TAP program.

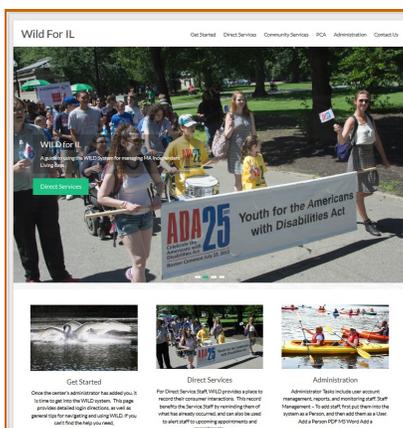
Contact MetroWest Center for Independent Living if you are considering a new website.



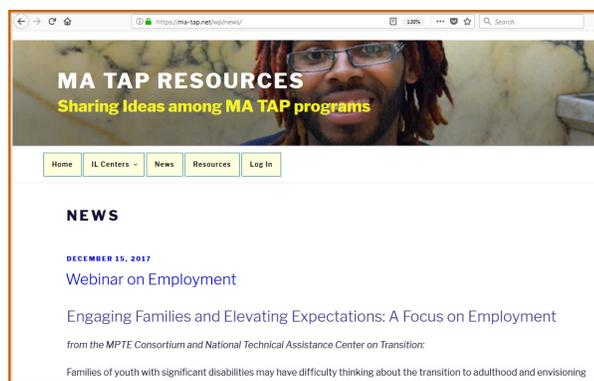
[www.MWCIL.org](http://www.MWCIL.org)



[www.REVUpMA.org](http://www.REVUpMA.org)



[www.WildForIL.org](http://www.WildForIL.org)



[www.MA-TAP.net](http://www.MA-TAP.net)

# **MetroWest Center for Independent Living**

**was created by people with disabilities seeking full integration into society. MWCIL empowers people with disabilities with the practical skills and self-confidence to take control over their lives and become active members of the communities in which they live. MWCIL works to promote access and change within society and responds with programs and services to the needs of people of all ages with a wide range of disabilities.**

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