


# HOLIDAY ISSUE FROM THE CID FAMILY!



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## Giving Back to the Community...

by David DeNola, Executive Director

During this season of reflection, we at CID want to express our gratitude to you, our CID Family. We are honored to assist you in the challenges you face; we look forward to continuing our relationship and achieving your further goals and aspirations.

Every day we get calls from people who are desperate for help regarding their own or a loved one's plight. You might nod your head in agreement, having been affected by the rejection of one or more government programs. Individuals with disabilities have been put at a severe disadvantage when it comes to obtaining the services and help needed, and that's where we come in. CID has served San Mateo County since 1979, assisting individuals with disabilities to lead better, more productive lives. Our mission is to empower our clients by providing the tools you need to retain independence and advocate for the life you choose.

As CID consumers, you are aware of how hard it is when there are limited resources and few places to turn to for help. Now we are facing the specter of drastic cuts in government funding, and in order to continue our mission to assist as many individuals with disabilities as possible, we are



## HOLIDAY ISSUE

reaching out to our CID Family for help in our mission.

We believe there is empowerment in giving and receiving. It feels wonderful to receive, and heartwarming to give. A circle is completed when we are able to do both, and in that spirit, we ask that if you can, please join us in this effort. Donations in any amount are gratefully received and will go toward helping others help themselves. If you know people who make donations at this time of year, please tell them about us and share with them how we have been able to assist you. When donations are given to CID, the funds stay within our community, and you know firsthand that the money is spent on the behalf of CID consumers.

We appreciate you regardless of whether you can contribute financially or not. But if you can, any amount will help us replace what the government will no longer give, and make a valuable difference to those who often have nowhere else to turn. Your contribution is tax deductible.

We thank you for the privilege of serving you, and extend our best wishes for the holiday season!

Sincerely,

David DeNola  
 Executive Director

# Five Quick Arguments for Assistive Technology Equipment Reuse

## Why is the Reuse of Assistive Technology a Great Idea?

### 1 Reuse Provides Devices To People Who Are Uninsured or Underinsured

Wheelchairs in closets, walkers piled high at the local salvage yard, old prescription eyeglasses, devices in the garage after the original user passed on, the computer abandoned for a newer model, the cell phone that isn't the latest and greatest. These devices are the reality of our daily lives -- unused assistive technology that could help someone participate in the activities of daily life, whether work, learning, play or family. Many people do not have insurance coverage or money to acquire the AT they need.

### 2 Even Those Who Have Access To Funding May Need An Interim Solution

How long might a person wait for private insurance, Medicare or Medicaid to approve and provide a needed AT device? Wouldn't it be great to borrow a device from a reuse program until the permanent device becomes available?

### 3 Reuse Is A "Green" Idea

Reusing assistive technology keeps devices out of landfills. That saves taxpayer money and ultimately reduces the impact on the environment. It reduces the "carbon footprint" of the industries that need to keep making more AT devices. It saves resources for future use.

### 4 Reuse Can Reduce Healthcare Costs

Reusing those lightly-used devices can keep down the cost of healthcare provided through taxpayer dollars. This is not to argue that people should not get new devices, but that there is a role for reuse in the process. Many AT devices are needed only for a short period of time to assist in recovery from injury or illness.

### 5 Reusable Devices Can Be A Blessing In Disasters

Sometimes disasters require evacuation so quickly that an individual cannot bring the equipment. Sometimes it is damaged in a disaster. Sometimes disasters cause injuries that result in the need for assistive technology for more people. That can be true here or elsewhere.

PH: 650-645-1780 ext.115



## Some of CID's Programs

### Housing Modification Services

This program puts in ramps, rails, grab bars, vertical lifts and other modifications to make a home accessible. These modifications assist people with disabilities to remain at home or move back into their home with greater independence, and not be forced into skilled nursing or other institutional care. CID cooperates with cities and the county housing agencies in San Mateo County to increase the number and quality of accessible, affordable housing. HAM coordinator: ext. 121

### Assistive Technology

CID's AT Specialist has the expertise to recommend the most current technological devices, equipment, and resources to accommodate a wide spectrum of disabilities. We can help you identify your independent living needs, provide resource coordination for home modification, and even assist in finding funding in certain situations. Call Steve Freier: ext. 115

### Information & Referral / Housing

"Information is power," and CID empowers by providing information to access the tools, strategies and accommodations that make living in the community possible. CID wants to be your first source for information concerning disabilities. If there's something you need that some other agency can better accommodate, let us help you find them. CID will provide I&R resources to all members of the community about a wide range of information relevant to people with disabilities at no charge. Give us a call! Desiree Vialau at ext 124.

### Counseling and Peer Support

CID offers Peer Support services on a regular basis. The groups are defined by the needs and wants of the people participating. These are fundamentally support groups, and most people who continue to come seek the social contacts and friendship they find in the groups. The groups are facilitated by Jacob Bray (San Mateo), ext 130.

### Independent Living Planning & Support

Often individuals with disabilities want to develop their own plan for the future. This planning often includes financial planning, and typically also looks at other things the individual wishes to accomplish, which vary for each person but might include employment, housing, how to manage attendant services, and what community resources might be helpful. This plan can be written or unwritten, but helps to guide what each person wants to pursue as they increase independence. 650-645-1780 ext. 122

### Independent Living Skills

CID's Independent Living Skills Program assists people with disabilities to identify resources, strategies, and equipment for achieving maximum independence. Indi-

viduals are assisted in identifying barriers to independence in their own home and relating to the tasks of daily living such as bathing, eating, getting into and out of bed, and any other area that needs to be addressed by support.

### Transitioning from Skilled Nursing Care to the Community

There are many individuals who experience a change in their health and are given support through a local nursing care facility for a period of time. When those individuals are ready to move back to the community, CID is ready to help. Contact Veramarie "Sunshine" Baldoza to begin a transition plan for individual moving from nursing care to the community. Call Veramaie Baldoza at ext. 161

### Work Incentive Program

The Work Incentive Planning and Assistance (WIPA) program is administered by the Social Security Administration, and is designed to provide assistance to Social Security recipients who are returning to part or full-time employment. The WIPA program is an outgrowth of the Work Incentive Improvement Act of 1999. The program provides assistance to disabled Social Security recipients in locating vocational resources, understanding and planning for the impact of earnings on existing Social Security and medical benefits, and assistance with writing Plans for Achieving Self-Support. Call David Mon, Community Work Incentive Coordinator in San Mateo County, ext. 127.

## DONATION LIST

We have started a Wish List of items that would make our lives and the lives of those we serve better. Here are some suggestions:

- A Small Safe
- Power Wheelchairs
- Electric Scooters
- Electric Stairlifts & Porchliffs
- Crutches & Canes
- Shower Chairs & Benches

## HOW TO CONTACT US

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<http://www.cidsanmateo.org>

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