



LIFTT

Living Independently for Today & Tomorrow

The LIFTT Connection Newsletter

MAY 2022

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LIFTT ADOPTS THREE COMMUNITY HEALTH PROJECTS

Healthy by Design (HbyD), ALIVE Project, and (EPHW) Expanding the Public Health Workforce within the Disability Networks.

LIFTT is part of a coalition of non-profit organizations working on the project entitled Healthy by Design (HbyD). HbyD is a program designed to increase the number of Community Health Workers (CHW) in the community. The increase in workers will consequently improve the health of residents in Yellowstone County.

Through HbyD we will provide health education and advocacy and help consumers to communicate easier with their physicians and other healthcare teams.

HbyD also focuses on education for people to understand healthy choices that will improve their well-being and reduce the cost of health care.

Independent Living Specialist **John Robison** will work as a Community Health Worker for this new program.

HbyD, ALIVE, and EPHW are part of an important opportunity and responsibility for LIFTT. As a consequence of the COVID-19 pandemic, we are becoming a Center for Independent Living and Public Health.

HEALTH IS ON THE WAY!

LIFTT TO PARTNER WITH ACTION FOR EASTERN MONTANA TO PROVIDE PCA SERVICES FOR RURAL SENIORS

Glendive - Living Independently for Today and Tomorrow (LIFTT) has reached an agreement with Action for Eastern Montana Area I Agency on Ageing (AEMT) to provide Personal Care Attendant (PCA) services to seniors in AEMT- LIFTT shared service areas, who do not qualify for PCA services under Montana Medicaid.

Residents of twelve counties in eastern Montana aged 60 and older who do not qualify for Montana Medicaid, but may still need help in paying for assistance with bathing, meal preparation, house cleaning and laundry are eligible to apply for this program.

"LIFTT is excited to work with AEMT on this project that will help more seniors in eastern Montana continue to live independently in their homes among family, friends and community instead of being forced into nursing homes and other institutional settings," said LIFTT Executive Director Carlos Ramalho.

Funding for the AEMT-LIFTT Personal Care Attendant program is provided by the American Rescue Plan Act (ARPA).

To qualify for this program, the candidate must meet the following conditions:

- (1) be at least 60 years old;
- (2) be a resident and domiciled in one of the following counties: Sheridan, Daniels, Valley, Phillips, Roosevelt, Richland, McCone, Dawson, Prairie, Wibaux, Custer, Fallon, Powder River, Carter, Rosebud, Treasure, Garfield; and,
- (3) not qualify for MEDICAID but still need assistance paying for a personal care assistant (PCA).

The AEMT-LIFTT PCA program will pay for 100% of the services. The program is vital because it addresses the needs and concerns of senior citizens, allowing them to continue to live independently at home and avoid institutionalization.

For more information

Please contact:

Jen Hawkinson at the LIFTT Glendive office at (406) 948-8503 or

Heather Handran at the AEMT Agency I on Aging at (406) 377-3564



LIFTT RECEIVES NEW PUBLIC HEALTH GRANT

Expanding the Public Health Workforce within the Disability Network – EPHW

In April 2022, Living Independently for Today and Tomorrow (LIFTT) received a grant from the Administration for Community Living (ACL), called Expanding the Public Health Workforce within the Disability Network (EPHW). The purpose of this grant is to promote and protect the health of people and the communities where they live, learn, work, and play.

The Covid-19 pandemic has revealed just how important Centers for Independent Living and other disability network partners are in achieving this goal. Since March of 2020 LIFTT and other disability network partners have:

- helped people move from high-risk congregate settings to safer settings in the community,
- played a key role in helping people with disabilities get vaccinated – including boosters,
- ensured that people with disabilities have access to health care, including COVID-19 treatment, and worked to make sure people with disabilities had the services and supports they need to stay healthy and safe in their community. With this grant, LIFTT will continue to contribute to the effort.

LIFTT recently hired

John Robison and **Nancy Grigsby** as a Community Health Workers (CHW) for this vital program.



John is a highly decorated, disabled U.S. Army veteran and trained peer support specialist. John will use his own experience to build trusting relationships with the disabled communi-

ty. He will serve as a link between health and social services, facilitate access to those services, and help improve the quality of those services. John Robison works in the Billings Office and can be reached at (406) 294-5188, or johnr@lifft.org.

Nancy Grigsby, IL Specialist, is the Community Health Worker (CHW) for eastern Montana and works in the Glendive office. She can be reached at 406-948-8501 or nancyg@lifft.org.

Watch for a profile of Nancy Grigsby in our next newsletter!



Project ALIVE

Accessible Life-saving Integrated Vaccine Equity

LIFTT is proud to announce that it is working with APRIL - Association of Programs for Rural Independent Living and The Partnership for Inclusive Disaster Strategies on the project called ALIVE - Accessible Life-saving Integrated Vaccine Equity.

APRIL is national grassroots, nonprofit membership organization consisting of over 260 members from centers for independent living, their satellites and branch offices, statewide independent living councils, other organizations and individuals concerned with the independent living issues of people with disabilities living in rural America.

The Partnership is the only U.S. disability-led, 501(c)(3) organization with a focused mission of equity for people with disabilities and people with access and functional needs throughout all planning, programs, services and procedures before, during and after disasters and emergencies. The purpose of the project is to work with the departments of public health and human services of LIFTT's service area and help them identify and remove the barriers that might be preventing people with disabilities from receiving the COVID-19 vaccine.

It is a great opportunity to prepare for future emergencies and pandemics ensuring that the disabled population of our service area will have access to the vaccine.

Project ALIVE is a short-term focused effort to remove barriers to COVID-19 vaccinations for people with disabilities living in rural areas and help those who want a vaccine and need support to access one. There are several types of barriers. Architectural barriers are the most common. They are physical elements of a facility that impede access by people with disabilities to specific locations. These barriers include more than apparent impediments such as steps and curbs that prevent access by people who use wheelchairs.

The project's first step is a survey we invite you to complete. You can find it online at [Project ALIVE Montana \(alchemer.com\)](https://alchemer.com).

It will take 5 to 10 minutes to complete the Project ALIVE Survey. Thank you!!

DIRECTOR'S CORNER



One of best things about being executive director is being able to work towards establishing new programs and partnerships that enhance our ability to provide the disabled community the services and support needed to live independently.

That is why I'm excited about the formation of a new partnership between LIFTT and Action for Eastern Montana Area I Agency on Aging (AEMT) to provide Personal Care Attendant (PCA) services to seniors in our shared service area, who do not qualify for PCA services under Montana Medicaid.

Residents in eastern Montana counties aged 60 and older who **do not qualify for Montana Medicaid**, but need help in paying for assistance with bathing, meal preparation, house cleaning, and laundry are eligible to apply for this program.

It is my hope that many seniors will be able to use the AEMT-LIFTT Personal Care Attendant program so that they can continue living in their homes amongst family and friends instead of entering a nursing home or other facility.

Carlos Ramalho, Executive Director



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We are on the web @
www.LIFTT.org

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LIFTT's Mission— Living Independently for Today & Tomorrow, Inc. is a Montana non-profit organization committed to empowering persons with disabilities to live freely and equally in Southeastern Montana through the provision of independent living services which reduce societal barriers.



Peer Support Group

Would you like to connect with others living with disabilities?

Join the weekly fellowship of LIFTT's online peer support group. Whether it's games or supportive deep discussion, you're sure to enjoy the new perspectives and the positive sense of belonging.
Join LIFTT host Tanya Thomas for our online peer support groups every Thursday at 3pm.

Join Zoom Meeting <https://zoom.us/j/93017341646>
Meeting ID: 930 1734 1646
One tap mobile +13462487799, 93017341646# US

LIFTT FUND RAISER

Hello old and new consumers and friends of LIFTT! We are excited to announce a LIFTT fund raising event. Beginning May 1, 2022, LIFTT will raffle off gift cards donated from many of the businesses in our coverage area including cards from Walmart, Perkins, Fuddruckers, Wendy's, Tractor & Supply, and many other businesses. Tickets are one for three dollars, and three for five dollars.

The raffle will benefit LIFTT special events such as our Peer Support groups and the Americans with Disabilities Act celebration. To purchase tickets, contact any of the LIFTT team.

For more information call Larry Ketchum, ILS at 406- 94-5189, or larryk@liff.org

LIFTT is a not-for-profit agency governed by a consumer-controlled Board of Directors whose lives have been personally impacted by a disability. It is funded in part by the Rehabilitation Act of 1973 as amended in 1992 (Title VII - Independent Living Services), and the Montana Department of Public Health and Human Services (Disability Employment Transitions Division (DETD)).