



RideWell is Almost Here

LIFTT is close to launching RideWell, our ADA-Accessible Rural Transportation Service, connecting the aging and disability community in Eastern Montana to vital medical and social services.

[Help Us Make RideWell a Success!](#)

Change, Challenge & The Work of Becoming Stronger

"Change is rarely announced in advance, and it almost never arrives neatly packaged. More often, it shows up as uncertainty, disruption, or a difficult question we did not expect to face." begins this month's thoughts from LIFTT Executive Director Carlos Ramalho

[Carlos on the Challenge of Change](#)



From the Desk of the Executive Director



Understanding Eligibility for SDPAS Services

LIFTT is a provider of Self-Directed Personal Assistance Services (SDPAS) through Montana Medicaid. Also known as the Personal Care Assistance (PCA) program, the care SDPAS provides to consumers is vital in keeping them at home and in the community.

[What are the eligibility requirements for SDPAS? How do I find out if my loved one or I can use this service?](#)

LIFTT Receives Community Support from Glendive Medical Center

Living Independently for Today & Tomorrow (LIFTT), a nonprofit Center for Independent Living serving South Central and Eastern Montana, is pleased to announce it has received a generous donation from Glendive Medical Center (GMC) in support of LIFTT's mission to promote independence, accessibility, and community inclusion for people with disabilities living in rural Montana.



**Glendive
Medical
Center**

GMC gift to LIFTT reflects shared commitment to a healthy Eastern Montana



From an Institution to Independence

LIFTT's Money Follow the Person (MFP) Team works to help move people with disabilities from isolation in institutions to independence in the community.

Changing Lives One Move at a Time

Creative Aging Painting Class Starts @ LIFTT

Studies have shown that engaging in creative activities helps keep a person's mind sharp as they age. That's why LIFTT is proud to have added to its Brain Health program with a "Creative Aging" Painting Class made possible through a grant from the Montana Arts Council.

Art That Expands Brain Health, Fights Ageism, and Empowers Every Artist



Empowerment Begins with Information: A LIFTT Story



Empowerment begins with Information

At LIFTT, success is not measured only by the services someone receives. It is also measured by the knowledge gained, the options clarified, and the confidence restored. Sometimes, empowerment begins with a conversation.

Such is the case of Myra, who reached out to LIFTT as she prepared for an upcoming arm surgery.

Learn More about Myra's Story

Why What LIFTT Does Matters

LIFTT IL Program Manager Pamela Rameriz offers these thoughts about the importance of the programs and services that LIFTT offers the disability community throughout our 18-county service area.

"Respect, choice, and dignity are not ideals we reference; they are principles we practice."



Data Tells a Story, People Give it Meaning

LIFTT's Data & Quality Control Manager, Freda Mook, discusses how LIFTT uses the data it collects to inform our engagement with consumers and ensure we are doing our best to provide the programs and services they want and need to become and remain independent.

"When data is paired with human insight, it becomes a powerful tool for learning, reflection, and action."

LIFTT Awarded AgWest Farm Credit Rural Community Grant

LIFTT is pleased to announce it has been awarded funds through AgWest Farm Credit's Rural Community Grant Program. The funds will support efforts to strengthen accessibility, independence, and community inclusion for people with disabilities living in rural Montana communities.



AgWest grant is a "commitment to rural vitality and accessibility."

Support LIFTT's Mission and Vision

In this era of uncertain federal, state, and foundation support, your contributions are more vital than ever.

Any amount you give will go directly to supporting LIFTT's programs and services, which promote independence and self-determination for elders and people with disabilities in our region.

[Donate to LIFTT Today!](#)



Living Independently
for Today and Tomorrow
Call 406.259.5181
or click to learn more.

Living Independently for Today & Tomorrow (LIFTT)

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LIFTT is a Montana 501(c)3 corporation organized as a Center for Independent Living (CIL). With team members based in Billings and Glendive, LIFTT provides aging and disabled members of the community with programs and services that help empower them to break down the physical, bureaucratic, and cultural barriers that prevent them from being fully independent participants in their lives and communities throughout 18 counties in southeastern and south-central Montana: Big Horn, Carbon, Carter, Custer, Dawson, Fallon, Garfield, Golden Valley, McCone, Musselshell, Powder River, Prairie, Richland, Rosebud, Stillwater, Treasure, Wibaux, and Yellowstone.

Our Vision: Empowering aging and disabled individuals to LIFTT themselves above the barriers of life.

Our Mission: Living Independently for Today & Tomorrow (LIFTT) empowers aging and disabled individuals to live independently through education, support, and opportunities.

LIFTT is partly funded through contracts and grants from the Montana Department of Public Health and Human Services, USAgings, National Aging and Disability Transportation Center, and the Administration for Community Living, United States Department of Health and Human Services. The statements herein do not necessarily reflect the opinion of DPHHS, USAgings, NADTC, ACL, or HHS.

Support Independent Living in Montana by Donating to LIFTT Today!



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