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**Spring is Here!**



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**Spring Disability Awareness Days!**

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**Autism Acceptance Month – April**

**May**

**ALS Awareness Month – May**

**Mental Health Awareness Month – May**

**Arthritis Awareness Month – May**

**National Stroke Awareness Month – May**

**June**

**Alzheimer’s & Brain Awareness Month – June**

**Dravet Syndrome Awareness Month – June**

**Cataract Awareness Month – June**

**We at TCIL hope your Spring is happy!**

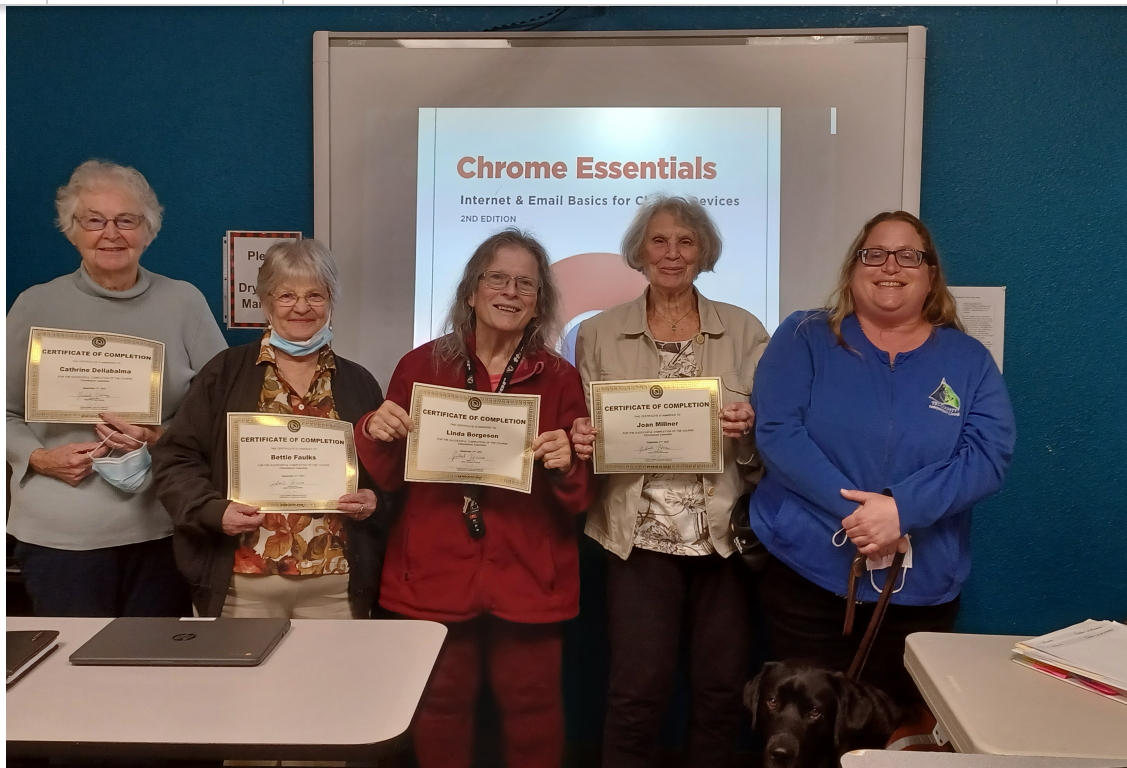
**As we recover from a global pandemic it can be difficult  
to [feel connected](#).**

**[We](#) are here for you.**

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**TCIL Chromebook Essentials Class**





Are you 60+ years old and want to learn how to use a computer?

Tri-County Independent Living in cooperation with the Area 1 Agency on aging is offering:

### Chromebook Essentials

The course covers:

- Basic orientation
- How to sign in
- Getting online
- Internet Basics
- Email Basics
- And more

Please call to reserve your spot in the next class.

Space is limited so sign up soon.

Note: TCIL clients are eligible to borrow a Chromebook to use at home

For more information or to sign up contact Juliannah Harris at 707-445-8404.



# **TRI-COUNTY**

## **Independent Living Disability Disaster Access & Resources Program**

PG&E customers who are dependent upon electrically powered medical devices or assistive technology devices who have been impacted by a power outage due to the current storm systems and are in immediate need are asked to contact TCIL's - DDAR Program.

Through this program, eligible individuals can obtain

- Temporary sheltering assistance
- Financial assistance for meals and gas
- Transportation services and
- Emergency planning supports
- Become eligible for other DDAR services

For more information about DDAR and to get assistance contact:

**707-445-8404    Toll Free: 833-866-8444**

Program Qualifications

- PG&E Customer
- Dependent on electric powered/charged medical or assistive devices

Tri-County Independent Living

707-445-8404

TTY/Video: 711

Toll Free: 833-866-8444

Phone Line Hours: Monday-Friday, 8 am-noon, 12:30-4:30pm



**“Let’s Work” Disability Pride Movie Night**



**TCIL's new Youth Coordinator, Andy Padilla was part of their first public facing event in January. At this event, TCIL teamed up with the Redwood Coast Regional Center and Del Norte's TPP/Workability to co-sponsor this event engaging youth with disabilities.**

**TCIL worked diligently to make sure the event was a cross-disability event. TCIL did this largely through advocating for accessibility features that would expand the populations able to participate. This included ensuring the event used captions for participants who are hard of hearing and presenting assistive technologies that can be used by people with disabilities for eating.**

On the topic of youth with disabilities, many people stated that their disability is and their experience with being a part of the local community.

Additionally, during the event TCIL staff got to chat with several families who expressed interest in an increased number of events engaging youth with disabilities.

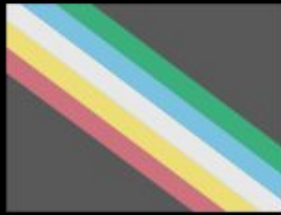
TCIL left the event feeling excited to be working with such a great and talented group of young people. Our youth department is excited to help create more events like this one.

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# DISABLED

Presented By: Tri-County Independent Living



TCIL is making a documentary about people in the community living with disabilities!  
**We Want You!**

Do you live with a disability and want your story to be heard?  
Give us a call for more information about how you can participate in our documentary.



**Alissa and Indo would love to hear from you!**

Email or call us @ 707-445-8404;  
Alissa@Tilinet.org  
Indo@Tilinet.org

## Coming Soon: An All Abilities Harbor Hike

TCIL's Youth Coordinator has been working with community organizations to launch a Del Norte based youth event series. This April our pilot event will be hosted to test the feasibility of the program. There's still time to register using the QR Code on this flier. Group size is limited so availability may fill up quickly.



# All Abilities Harbor Hike



## Accessible Adventure and Social Connections

Join us for a cross-disability hike around the Beachfront Park.

Learn how guide dogs, screen readers, trekking poles and other accommodations could help you hike

**Monday  
April  
24th**

**2 PM - 5 PM**  
For Youth Participants  
(14-23 years old)

### Group Size is Limited

Register by using this QR Code  
or by email [andy@tilinet.org](mailto:andy@tilinet.org)



Icons adapted from ones created by Andrew Doane From the Noun Project

## How to Make the Most of an ABLE Account

Disability life is expensive. There are many potential costs that nondisabled people rarely have to think about. Achieving a Better Life Experience accounts offer an easy, tax-advantaged way to save for disability-related expenses, plus they let you save without violating draconian disability benefits asset limits. Thanks to a recent federal



Would you like to know more about CalABLE, then give CalABLE's Outreach Specialist a call!

Madeline Handy (Outreach Specialist): 1-916-654-6094

Read the whole article [here!](#)







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Voice Options Program!



Tri-County Independent living and Department of Rehabilitation's (DOR) Voice Options program, provides eligible Californians who are unable to speak, or who have difficulty speaking, with a **free speech-generating device** on a long term loan.

Any eligible Californian will have the opportunity to test six different speech-generating applications for up to 14 days:

-  GoTalk NOW Plus
-  LAMP Words for Life
-  Predictable
-  Proloquo2Go
-  Proloquo4Text
-  TouchChat HD with WordPower

Once the trial period has ended, the user will exchange the borrowed iPad for a long term loan iPad with their preferred speech-generating application installed.

For further information and an opportunity to participate in this program, [CONTACT](#): Tri-County Independent Living at (707) 445-8404, or email [aa@tilinet.org](mailto:aa@tilinet.org)

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**Youth Coordinator presents at Workshop for Storytellers**



**Prior to working for TCIL our new Youth Coordinator (Andy Padilla) was a heritage Interpreter also known as a professional storyteller of history.**

**For the past three years, Andy has attended the National Association of Interpreter's Sierra Pacific Region workshop conference to learn skills from local storytellers to learn current best practices for sharing history impactfully.**

**This year he was invited to present on behalf of TCIL about disability pride. In his conference presentation he shared a framework for talking about disability history to a wide collection of parks and museums storytellers. Andy was also able to network with employees of a local State Park to begin working on a new set of local accessible events.**

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Invites you to Join our Zoom Peer Support Group on  
Wednesdays at 3:00p.m.



Call or Email Alissa @ 707-445-8404  
Alissa@tilinet.org

Peers - An individual with one or multiple of the following  
challenges: Cognitive, Mental, Physical, Hearing, Vision,  
TBI/Head Injury, Learning Disability... other.

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## Writing Bird



Ideal writing device for persons with limited hand control. The Writing-Bird is a unique writing device for persons with limited hand



Ideal for persons with arthritis or neurological disorders. Perfect for individuals who lack thumb to fingertip pinch. The Writing-Bird slides easily along writing surface using upper arm strength. Only slight downward pressure is needed to write.

Made of durable frosted acrylic. May be used with either the right or left hand. Dimension - 1.8 H x 2.7 W x 6.1 D in. Item Weight - 0.4 lbs. Price: \$23

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Call TCIL @ 707-445-8404 For Assistance or  
Questions about Preparing for a Disaster.

## APPLYING FOR PG&E'S MEDICAL BASELINE PROGRAM IT'S AS EASY AS 1,2,3!

**1 CHECK YOUR ELIGIBILITY.** Review the complete list of qualifying conditions/machines available at [pge.com/medicalbaseline](http://pge.com/medicalbaseline) and work with a qualified medical practitioner to certify that a full-time resident in your home requires use of qualifying medical devices (or has specific heating/cooling needs) to treat ongoing medical conditions. Note, eligibility for Medical Baseline is based on medical conditions or needs, NOT on income.

**2 VISIT [pge.com/medicalbaseline](http://pge.com/medicalbaseline)** to download and print the Medical Baseline Program application form or call **1-800-743-5000** and ask to have one mailed to you.

**3 COMPLETE AND SIGN** Part A of the Medical Baseline Program application form, including your preferred contact method, and make sure Part B is completed and signed by a qualified medical practitioner. Then, mail it in to:

**PG&E Credit and Records Center  
Medical Baseline  
P.O. Box 8329  
Stockton, CA 95208**

### Do You Have a Plan to Stay Safe During Power Outages?



**UPDATE YOUR CONTACT INFORMATION** by visiting [pge.com/mywildfirealerts](http://pge.com/mywildfirealerts) or calling **1-800-743-5000**.



**PREPARE AND PRACTICE A PLAN** to keep you and your family safe during an emergency. Visit [pge.com/wildfiresafety](http://pge.com/wildfiresafety) for more steps you can take to prepare.



**STAY INFORMED ABOUT OUTAGES** by visiting [pge.com/outages](http://pge.com/outages).



**DURING A PUBLIC SAFETY POWER SHUTOFF** please answer calls and/or reply to text messages from **1-800-743-5002**. (Tip: Save this number in your phone)



#### **WILL YOU NEED EXTRA HELP DURING A POWER SHUTOFF?**

If you or someone you know has a disability or additional special needs, the California Foundation for Independent Living Centers can help you during a PSPS. For more information please visit [disabilitydisasteraccess.org](http://disabilitydisasteraccess.org).

Due to COVID-19 shelter-in-place requirements and changing medical practitioner priorities, PG&E customers can self-certify their eligibility to enroll in the Medical Baseline program. Signature by a qualified medical practitioner is not required to apply but may be required to remain on the program beyond one year.

#### **NOTE FOR MEDICAL PROFESSIONALS**

A licensed physician, nurse practitioner, physician assistant or person licensed pursuant to the Osteopathic Initiative Act, may certify a patient's eligibility as having a life-threatening condition or illness for the Medical Baseline Program. This program is not connected to any other medical assistance program like Medicare or Medi-Cal and only provides a lower energy rate from PG&E and extra notifications during a PSPS. A full list of qualifying conditions and machines is available at [pge.com/medicalbaseline](http://pge.com/medicalbaseline).

Following the wildfires in 2017 and 2018, some of the changes included in this document are contemplated as additional precautionary measures intended to further reduce future wildfire risk. "PG&E" refers to Pacific Gas and Electric Company, a subsidiary of PG&E Corporation. ©2020 Pacific Gas and Electric Company. All rights reserved. CCR-0420-2235. 04/23/2020.

## TCIL can help you and those you love in many ways!

### Information and Referral

**Social Security:** For all your questions related to Social Security Disability Benefits, Supplemental Security Income, Reconsideration and Appeals, Overpayments, Work Incentives while receiving Social

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**Independent Living Skills:** Assistance obtaining benefits, housing, employment, education, and life skills to enhance independence.

**Youth services:** Self-determination, interpersonal life skills, independent living skills, and services to support transition into adulthood.

**Assistive Technology:** Technology to assist in living with a disability, chrome books, AT and DME lending library, and ramp program accessibility assistance.

**Personal Attendant:** In-Home Support Services, referrals, and private pay referrals.

**Peer Support:** A support group where us peers can come together once a week to be there and offer support for the challenges in life.

**Advocacy:** Self-Advocacy, individualized personal goals, referrals to legal, referrals to vocational, systems change, and education.

**Home Transitions:** Assisting the client from start to finish in transitioning from an institution to a less restrictive environment, assistance with writing grants to help our clients, achieve independence at home, transitional and permanent housing searches, and housing applications. We also help with obtaining an ID's and birth certificates, finding doctors, picking up medications and taking the client shopping.

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**Tri-County Independent Living Invites you to  
Sit on a Board or Commission!**

**There are over 30 Humboldt County Boards,  
Commissions, and Committees you can apply to  
participate on!**

**We can help you identify the right Board for you.  
We can help you find and fill out applications.**

**We can help you make your voice be heard... what  
you do with it is completely up to you!**

**Email [alissa@tilinet.org](mailto:alissa@tilinet.org) or call 707-445-8404  
Just say you would like to participate on a board!**

**TCIL Mission Statement**

To promote the philosophy of independent living, To connect individuals with services, and work to create an accessible community, so that people with disabilities can have control over their lives and full access to the communities in which they live.



**Please Donate**

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