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IL-NET National Training and Technical Assistance Center for Independent Living



Independent Living Research Utilization

www.ilru.org

Know Your Resources — Orientation to the IL-NET National Training and Technical Assistance Center for Independent Living

Presenters:

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Evaluation Survey & Presenter Contact Information

Your feedback on this webinar is important to us. At the end of the presentation you will have the opportunity to complete a brief evaluation survey.

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What You Will Learn Today

- Overview of the IL-NET project—history, funding, and roles.
- Overview of the website layout and the best method to search for resources on the ILRU website.
- The wide array of training, resources, programs, and services available to CILs, SILCs, DSEs, consumers, and other stakeholders

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Overview of IL-NET Richard Petty, ILRU

How IL-NET is Funded

- Authorized by the Rehabilitation Act, as amended by the Workforce Innovation and Opportunity Act, the IL-NET National Training and Technical Assistance Center for Independent Living is funded by the Administration for Community Living (ACL).
- IL training and TA is available for centers for independent living (CILs) and statewide independent living councils (SILCs)
- For the past 2 years, IL-NET included the additional ACL-funded Disability, Diversity, and Intersectionality project to identify and share information about CILs making progress in this area.

IL-NET Center

- The Center is operated by Independent Living Research Utilization (ILRU) – <http://www.ilru.org>
- The IL-NET is assisted in operating the IL-NET by:
 - National Council on Independent Living (NCIL) – <http://www.ncil.org>
 - Association of Programs for Rural Independent Living (APRIL) – <http://www.april-rural.org>
 - Utah State University Center for Persons with Disabilities (USU – CPD) – <http://www.cpdusu.org>

A Little IL-NET History & Scope

- The Training and Technical Assistance Center for CILs and SILCs has been in operation (in one form or another) for over 22 years.
- The Center has been an evolving process with each organization capitalizing on its strengths.
- The Center has the national perspective needed as well as depth of understanding and commitment to IL philosophy.
- IL-NET offers a cafeteria-style range of services so that CILs and SILCs can choose what works best for their educational needs and interests, staff and boards' schedules, and organization budgets.

What We Offer CILs and SILCs

- On-location training
- Online instructor-led courses
- Webinars & teleconferences
- Self-study Web-based tutorials (RapidCourses)
- Training manuals, sample CIL/SILC policies/procedures/forms, and other resource materials
- On-demand videos/archives of past on-location trainings and webinars/teleconferences
- CIL-to-CIL and SILC-to-SILC peer mentoring
- Intensive support (individualized or statewide IL network training/TA)
- Peer technical assistance telephone groups
- Electronic newsletters, blogs, and social media postings
- Learning collaboratives – cohorts of CILs working together over time on a specific objective.

ILRU's IL-NET National Training and Technical Assistance Center for Independent Living

ILRU's IL-NET National Training and Technical Assistance Center for Independent Living

ILRU

- Center Oversight
- Training & Technical Assistance
- Intensive Support

National Council on Independent Living (NCIL)

- Logistics for On-Location Training & Webinars
- Learning Collaboratives

Association of Programs for Rural Independent Living (APRIL)

- Peer-to-Peer Mentoring
- Rural Conversation Community

Utah State University Center for Persons with Disabilities (USU-CPD)

- Online Courses
- Program Evaluation

Independent Living Research Utilization (ILRU) Overview

- A program of TIRR Memorial Hermann in Houston, ILRU was founded in 1977 as a national program of research, training, and technical assistance to support self-direction and community living for people with disabilities. (ILRU is housed with its companion program, the National Center for Aging and Disability).
- ILRU projects include:
 - IL-NET (for CILs and SILCs)
 - Southwest ADA Center
 - ADA Participation Action Research Consortium (ADA-PARC)
 - Collaborative on Health Reform and Independent Living (CHRIL)
 - Aging and Disability Business Institute (with the National Association of Area Agencies on Aging)
 - Various research projects

ILRU's Role in the IL-NET

ILRU:

- Is the federal grantee and oversees the center.
- Conducts or oversees the instructional design (learning objectives and content) of all training.
- Conducts intensive support for CILs and SILCs.
- Develops and publishes training manuals, PowerPoint presentations, handouts, and other training materials.
- Provides individualized, group, and statewide IL network technical assistance.
- Develops and manages the RapidCourses tutorials.
- Operates the center website at ILRU.org.

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Overview of ILRU.org

Carol Eubanks, ILRU

Introduction to ILRU.ORG



We create opportunities for independence for people with disabilities through research, education, and consultation.



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- About ILRU
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- Technical Assistance
- Training
- Contact Us

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First Name *

Last Name *

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Home

ILRU, founded in 1977, has a long history of providing research, education and consultation in the areas of independent living, home and community-based services, and the Americans with Disabilities Act.

Core Areas of Expertise

Centers for Independent Living (CILs)

ILRU operates the IL-NET national training and technical assistance project for CILs, **CIL-NET**

The CIL-NET project maintains the up-to-date **Directory of CILs and Associations**

CIL Disability, Diversity, & Intersectionality

ILRU conducts the **CIL Diversity project** to support CILs in improving services, programs, and outreach for racially, ethnically, culturally, and linguistically diverse groups.

Americans with Disabilities Act (ADA)

The **Southwest ADA Center** is one of ten regional ADA Centers that provide technical assistance and training on the ADA. ILRU also is a member of the **ADA Participation Action Research Consortium (ADA-PARC)**.

Houston Livable Communities Initiative

ILRU is engaged in a cooperative initiative with the City of Houston to assess and improve community participation and access to healthcare for people with disabilities and older adults in five relatively disadvantaged neighborhoods.

Navigating our Website. ILRU provides training, technical assistance (TA), and materials on a number of topics and in a variety of formats—including on-location, online, and on-demand trainings, Webinars and teleconferences. Individualized TA is provided upon request. Publications and productions are available for download from this website. For information on the projects led by ILRU or to which we lend our expertise, use the menu above to select a specific project. Use the topic menu on the right or the search feature above to review the information available on a topic or area

Statewide Independent Living Councils (SILCs)

ILRU operates the IL-NET national training and technical assistance project for SILCs, **SILC-NET**

The SILC-NET project maintains the up-to-date **Directory of SILCs**

CIL Business Acumen

ILRU is dedicated to providing resources for CILs looking to improve business acumen efforts by diversifying funding through contracting with health plans and payers and other potential payers.

Collaborative on Health Reform & Independent Living (CHRIL)

The CHRIL brings together disability advocates and researchers from four institutions to investigate and disseminate findings about how the Affordable Care Act affects working age adults with disabilities.

Disaster Preparedness for People with Disabilities

The **Disability911 website** was created to provide assistance in and information on disaster preparedness for people with disabilities. Recent updates include **Hurricane Harvey Resources for People with Disabilities**.

Browse by Topic

- Assistive Technology
- CIL Core Services
 - IL Skills Training
 - Information & Referral
 - Institutional Transition & Diversion
 - Peer Counseling & Peer Support
 - Systems & Individual Advocacy
 - Youth Transition
- CIL Financial Management
- CIL Management & Operations
 - Business Acumen
 - Consumer Service Records
 - Outcome Measures
 - PPR (704 Reporting)
 - Public Relations & Marketing
- CIL Programs & Services
- Disability Law & Olmstead Implementation
- Emergency Preparedness
- Gathering, Analyzing, & Utilizing Data
- Health and Wellness
- Home and Community-based Services
 - Managed Care
 - Personal Assistance Services (PAS)
- Housing and Transportation
- IL Administration
- IL History & Philosophy
- Inclusion, Diversity & Underserved Populations
- SILC Operations
- SILC Roles & Responsibilities
- State Plan for Independent Living (SPIL)



Centers for Independent Living (CILs) and Statewide Independent Living Council (SILCs)

- Training for CILs and SILCs
 - On-location and online courses
 - National webinars
 - Web-based tutorials – RapidCourses
- Publications for CILs and SILCs
 - ILRU Directory of CILs and associations / SILCs
 - Important to notify ilru@ilru.org with updates such as address/phone number, name of director
 - Training manuals (self-study and instructor-led), examples: Choose, Get, Keep. . . Integrated Community Housing; Guidebook for SILC Chairpersons, Members, and Administrators

Training: On-Demand, On-Location, and RapidCourses

- On-Demand Training – Offers many previous on-location trainings that can be viewed as video recordings.
- On-Location Training – 2.5 to 4-day intensive training that provides opportunities to learn from experts in the field and interact with others with similar interests. Trainings are held in major cities around the U.S.
- RapidCourses are self-paced, web-based tutorials, fully accessible, and available 24/7. Free of charge and require registration. Course catalogs include Foundations of Independent Living, State Plan for Independent Living, Consumer Service Records, CIL Boards of Directors, CIL Core Services, Designated State Entity, and Statewide Independent Living Councils.

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Overview of Online Courses

Alma Burgess, USU-CPD

Utah State University – Center for Persons with Disabilities (USU-CPD) Overview

- The CPD is Utah's Center for Excellence in Developmental Disabilities Education, Research, and Service (UCEDD) at Utah State University.
- CPD has over 114 projects providing research, education, demonstration services, and technical assistance to improve the lives of people with disabilities and their families.

USU-CPD's Role in the IL-NET

- Assists with curriculum and publications development.
- Conducts evaluation of the project.
- Schedules, manages, and hosts online courses.
 - Courses are generally 3 weeks in length
- Provides technical assistance for Canvas, the learning management platform.

Online Courses

- January to September – 2020
- Five classes for CILs and one for SILCs
- Provide orientation prior to first day of class
- Ongoing support from USU and instructor during the class

Courses Targeted for CILs and SILCs in 2020

CILs:

- Getting on Board: Training for Boards of Directors in Independent Living
- An Introduction to Consumer Service Records, Independent Living Plans, and Service Coordination for CILs
- ABCs of Nursing Home Transition
- Orientation to Independent Living for New CIL Personnel
- Promising Practices in Peer Counseling & Support

SILCs:

- SILC Leadership for Chairpersons, Members, and Staff

To Locate/Register for an Online Class

<https://www.ilru.org/>

Two popular ways to locate online classes

1. Open Upcoming Training – located on left side of homepage for list of current offerings,
or
2. Click Training tab in navigation at the top, then open Online Training for list of current offerings.

Example

- Under Upcoming Training, select “*Getting on Board: Training for Boards of Directors in Independent Living*”
3/9/20 - 3/27/20
- Opens page with details such as course start/end, orientation dates, course description, objectives, format, instructors
- At bottom of the page, there are three links:
 1. Additional information for taking an online course
 2. Online registration form
 3. Shopping cart to complete your registration

After Registration is Complete

- You will receive confirmation that you are registered for the class.
- More information and materials will be sent after the registration deadline.
- After the registration deadline, an email with information about Canvas, the learning management platform, and the orientation will be sent.

Before the First Day of Class

- Conduct orientation on Wednesday the week prior to first day of class.
- Provide technical support via email or phone and during class.

Questions & Discussion



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Overview of On-Location Trainings, Webinars, and Learning Collaboratives

Tim Fuchs, NCIL

National Council on Independent Living (NCIL) Overview

- Founded in 1982, NCIL is the longest-running national cross-disability, grassroots organization run by and for people with disabilities.
- National Association of CILs and SILCs located in Washington, DC.
- Involved since 1994.
- NCIL provides training & technical assistance activities for all CILs and SILCs through its work with the IL-NET National Training and Technical Assistance Center for Independent Living. Visit us online at www.ncil.org.
- IL-NET events posted at <https://www.ncil.org/annual-conference/training/> in addition to the ILRU website.

NCIL's Role in the IL-NET Project

- Coordinate On-Location Trainings
- Coordinate and Host Webinars
- Coordinate Learning Collaboratives
- Provide Technical Assistance
- For 2020, we will be coordinating a number of events on business acumen and how to receive contracts with MCOs and other health payers.

On-Location Trainings Overview

- IL-NET offers a number of on-location learning opportunities each year.
- Most of our on-location trainings are 2 ½ day training programs with 40-120 people.
- We also offer workshops and other presentations at IL conferences, like NCIL, APRIL, and SILC Congress.
- Many of our on-location trainings are recorded. Presentation materials, including captioned videos, manuals, and handouts are posted at ILRU.org.

On-Location Training Topics

- On-location trainings have covered all sorts of issues related to CIL and SILC programs and operations:
 - Financial Management, Housing, Advocacy & Organizing, Leadership Development, Technology & Social Media, Nursing Home Transition, Core Services, Marketing, Outcome Measures, and much, much more.
- For 2020, we will be offering a 2 ½ day training on financial management. That event is scheduled to be held in late April or early May. Registration will open early next year.

Webinars

- NCIL organizes 12+ IL-NET webinars each year.
- These are 90 minute presentations designed to introduce you to a topic or delve into a specific aspect of CIL or SILC programs or operations.
- All of our webinars are archived online, including training materials. <https://www.ilru.org/training-on-demand>

Webinar Topics

- IL-NET has offered hundreds of webinars over the years. The topics cover a staggering variety of issues related to CILs and SILCs.
- Tentative 2020 CIL topics include Business Acumen, Core Services, CIL Hiring Practices and Job Descriptions, and Using Consumer Satisfaction Feedback for Program Improvement
- Tentative 2020 SILC topics include SPIL Planning, Consumer Control, Outreach, SILC-DSE Collaboration, Administrative Requirements & Cost Principles for Federal Grants for SILCs & DSEs, and Consumer Satisfaction Feedback for Program Improvement

Learning Collaboratives

- IL-NET will offer a single learning collaborative each year.
- In 2020, IL-NET's learning collaborative will focus on youth transition.
- These learning collaboratives pair staff from 12 CILs with expert facilitators to build capacity and programs together.
- You can apply to join a collaborative.
- Participants spend 10 months learning from the facilitators and each other. Most of the work is virtual, but participants come together for a kick-off meeting at the beginning of each collaborative.

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Overview of Peer Mentoring Programs and Rural Conversation Community Mary Olson, APRIL

Association of Programs for Rural Independent Living (APRIL) Overview

- A national grass roots, consumer controlled, nonprofit membership organization.
- Founded in 1986.
- Focusing on rural independent living.
- Simple rural definition is lack of access to resources.
- All CILs and SILCs can access the services APRIL administers for ILRU's IL-NET National Training and Technical Assistance Center for Independent Living.

APRIL's Role in the IL-NET

- Provides Peer Mentoring Services
- Hosts the Rural Conversation Community
- Provides Technical Assistance

Peer Mentoring Services

- Built upon the IL building block of Peer Support.
- All CILs and SILCs are eligible who are not currently accessing Intensive Support services with Paula.
- Six-month contract period to complete goals set by the mentee with mentor.
- Full scholarships available through IL-NET for 12 CILs and 3 SILCs for general mentoring, and for 3 CILs for Youth Mentorings.
- Fee for service opportunities available if needed.
- CILs and SILCs can access Peer Mentoring more than once for new goals.
- Mentors can be chosen to fit mentee's needs.
- Some peer relationships continue beyond the Mentoring.

Peer Mentoring, cont'd.

- Off-site Mentoring: the mentee travels to a mentor's Center or SILC for a two-day site visit to see programs and policies in action and complete goals.
- On-site Mentoring: the mentor travels to the mentee's site for a two-day site visit to work hands-on with mentee, staff, board, and others as needed to complete goals.
- Youth: Also has off-site or on-site option, instead of working with an experienced CIL or SILC Director or Chair, mentee works on their goals with an experienced youth staff.
- Electronic: all mentorings can be carried out online if it better suits the goals or mentee's needs.

Peer Mentoring Application and Process

- Applications are available by contacting Molson.april@gmail.com or the APRIL website www.april-rural.org, or ILRU, NCIL, or USU.
- Mentee sets one or two goals to work on with their mentor.
- Mentee will interview potential mentors from at least two candidates until someone who matches their goal needs, learning style, or other important qualities to the mentee are met.
- Once a mentor is selected, the mentor and mentee will begin working on their goal.
- A final Action Plan or goal report and evaluation must be completed along with a final follow up at the end of the fiscal year.

Rural Conversation Community

- A 90-minute Zoom Meeting building a community of peer support for centers serving rural areas.
- There are no designated presenters and listeners for these calls.
- Everyone on this call is the presenter of information, everyone is there to learn from one another and offer peer support
- This group is free of charge, we ask that you register the number of participants at your site with the survey gizmo registration link that accompanies each conversation announcement
- We don't make the recordings publicly available in order to maintain the spirit of peer support. Transcripts and recordings may be requested by contacting Mary at Molson.april@gmail.com
- Upcoming Rural Conversation Community dates can be located on the ILRU website and listserv or APRIL website and listserv.

Technical Assistance

- Quick Technical Assistance
- APRIL is most known for our expertise and resources in youth services and transportation services; however, like all of us in IL, we wear many hats.
- If you have a question, give us a call or email, if one of our knowledgeable staff can't answer it, we reach out to our peer mentor network to find the answer for you.
- If a “quick question” turns into a larger topic, we can set a peer mentoring goal or refer to ILRU.

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Overview of Technical Assistance, Intensive Support, and Peer Support TA Calls Paula McElwee

Specific Technical Assistance

- Is available to CILs, SILCs, and DSEs, and to staff, board and leadership.
- Can be requested by phone or email.
 - Paula McElwee paulamcelwee.ilru@gmail.com
 - 559-250-3082 (Pacific time)
- Because this is grant supported, there is no charge.
- Focus: understanding and applying the Rehabilitation Act, regulations, indicators of compliance, guidance and other specific written material related to what is required of CILs, SILCs, and DSEs.
- Can provide information and answer questions to groups electronically.

Intensive Support is also Available

- When a CIL or SILC is found out of compliance, and is developing a Corrective Action Plan, they are provided with intensive support.
- This can be provided by phone and email, or on-site assistance and training may be provided for your CIL or SILC.
- Referrals are typically made by the DSE or the ACL/OILP Program Officer* for your state. Self referrals are also possible.
- On occasion (as time allows) we provide on-site training for a state's IL Network to review requirements for all of the partners together – the CILs, DSE, and SILC.

*Your state's ACL PO can be found at <http://www.ilru.org/federal-guidance-il-program> (first link).

Peer Support TA Calls

- SILCs (mostly staff but council chairs or other members) are invited to the SILCSpeak call on the first Thursday of the month.
- New CIL executive directors (typically in the first two years) participate on a Monday call each month.
- CIL associate directors/program managers participate on a Thursday call each month.
- Calls for DSEs are quarterly.
- Calls for CIL Financial Managers are quarterly.
- All calls are at 3:00 p.m. Eastern time

A Weekly TA Refresher...

- Many technical assistance requests are by email and include a written response.
- We choose some of the most interesting, remove the identifying information, and post this on a blog.
- Go to **ilnet-ta.org** and subscribe to be notified of new posts via email.

Questions & Discussion

Final Questions and Evaluation Survey

Any final questions?

Directly following the webinar, you will see a short evaluation survey to complete on your screen. We appreciate your feedback!

https://usu.co1.qualtrics.com/jfe/form/SV_9FY1q5ETDtFlzlp

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