

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 T&TA Center for CILs and SILCs — 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
IL-NET Project Director**

**Brooke Curtis, ILRU
IL-NET Training and Publications
Coordinator**

How the IL-NET is Funded

- Authorized by the Rehabilitation 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)
- IL-NET previously conducted the additional ACL-funded Disability, Diversity, and Intersectionality project to identify and share information about CILs making progress in this area. On-demand trainings available at <https://www.ilru.org/projects/cil-diversity>.

IL-NET T&TA Center

- The Center is operated by Independent Living Research Utilization (ILRU) – <http://www.ilru.org>
- ILRU 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>
 - The University of Montana Rural Institute and RTC: Rural – <https://rtc.ruralinstitute.umt.edu/>

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 27 years.
- The IL-NET has been an evolving process with each organization capitalizing on its strengths.
- The IL-NET 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.

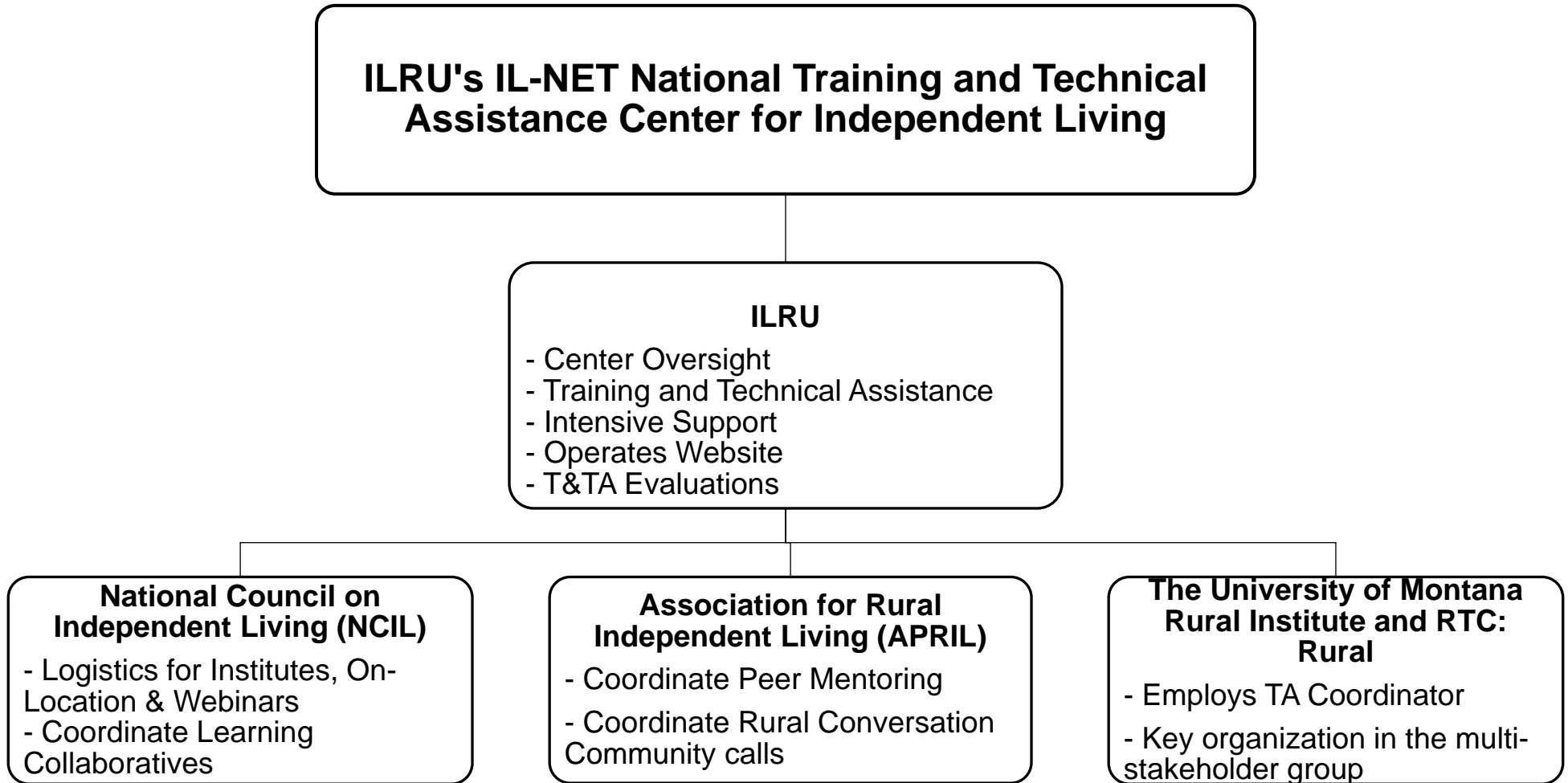
What We Offer CILs and SILCs

- On-location training
- Online 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 group calls/web-meetings
- Electronic newsletters, blogs, and social media postings
- Learning collaboratives – cohorts of CILs working together over time on a specific objective.

What's New with the IL-NET

- Fast News weekly newsletter for CILs and SILCs. A compilation of all that is new on the ILRU website, ensuring you are up-to-date on what's new in independent living. Sign up at <https://www.ilru.org/fast-news-sign-form>
- Biennial T&TA Institutes
- TA Office Hours
- New branding under development in response to federal partner request.
- Revamped IL-NET online courses to be offered in Year 2 of the program (September 30, 2021 - September 29, 2022). Courses suspended for current program year.

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



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).
- The IL-NET (for CILs and SILCs) is a principal project of ILRU.
- ILRU is involved in other programs and projects, including:
 - Southwest ADA Center
 - ADA Participation Action Research Consortium (ADA-PARC)
 - 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
IL-NET Instructional Designer**

Homepage – ILRU.ORG

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

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TIRR
Rehabilitation & Research

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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 & Technical Assistance Center on Independent Living with a dual emphasis on providing training and technical assistance for CILs and SILCs.

The ILRU IL-NET T&TA Center 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 of interest.

Statewide Independent Living Councils (SILCs)

ILRU operates the IL-NET National Training & Technical Assistance Center on Independent Living with a dual emphasis on providing training and technical assistance for SILCs and CILs.

The ILRU IL-NET T&TA Center 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

- Americans with Disabilities Act
- CIL Core Services
 - IL Skills Training
 - Information & Referral
 - Institutional Transition & Diversion
 - Peer Counseling & Peer Support
 - Systems & Individual Advocacy
 - Transition of Youth
- CIL Financial Management
- CIL Management & Operations
 - Business Acumen
 - Consumer Information Files
 - 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)

This website is supported, in part, by grant numbers 90ILTA0002 and 90ISTA0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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

- Training for CILs and SILCs
 - Biennial Institutes and On-location workshops
 - 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, examples: Choose, Get, Keep. . . Integrated Community Housing; Guidebook for SILC Chairpersons, Members, and Administrators

**As mentioned previously, online courses will be revamped and available in Year 2 of the grant*

Training: On-Demand and RapidCourses

- On-Demand Training – Offers many previous on-location trainings that can be viewed as video recordings. Can receive email verification for viewing trainings by completing survey at <https://www.surveymoz.com/s3/5520229/On-Demand-Training-Registration>.
- 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 Information Files, CIL Boards of Directors, CIL Core Services, Designated State Entity, and Statewide Independent Living Councils.

Questions & Discussion



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

Tim Fuchs, NCIL
IL-NET Training Logistics Coordinator

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 Biennial Institutes and On-Location Training Workshops
- Coordinate and Host Webinars
- Coordinate Learning Collaboratives
- Provide Technical Assistance

Biennial Institutes and On-Location Training Workshops

- We will begin to offer biennial institutes
 - First one will take place in Year 2 of the grant
 - Will be an in-person training if travel permits. If travel restrictions are in place due to COVID-19, the training will be virtual.
- We will continue to offer on-location workshops and other presentations at IL conferences, like NCIL, APRIL, and SILC Congress.
- Many of our previous on-location trainings are recorded. Presentation materials, including captioned videos, manuals, and handouts are posted at ILRU.org.

Webinars

- The IL-NET will offer seven to eight 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 2021 CIL topics include Transition & Diversion during the COVID-19 pandemic; Consumer Control, CIL / SILC Collaboration; Disability, Diversity, and Intersectionality; Outreach and Equity in Programs and Staffing; Transition & Diversion from congregate and restrictive settings beyond nursing homes: rehab, jails / prisons, psychiatric institutions, homelessness.
- Tentative 2021 SILC topics include SILC & DSE Roles & Responsibilities and SILC Statewide Contracts for CIL Service Delivery, CIL / SILC Collaboration, and SPIL Implementation and Evaluation

Learning Collaboratives

- IL-NET also offers learning collaboratives on various topics, typically one per year.
- We are currently leading a learning collaborative on Business Development for Community Living, exploring contracts to provide sustainable revenue for CILs.
- 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 the Peer Mentoring Program and Rural Conversation Community Calls

**Mary Willard, APRIL
IL-NET Peer Mentoring Coordinator**

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 calls/meetings
- 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
- 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.

- Electronic: Most mentorings can be carried out online, depending on the goal if it is better suited for a site mentoring, there are limited travel slots available for onsite or offsite options. (at your site or going to your mentor's site). Travel permitting.

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 University of Montana.
- Mentee sets a few achievable 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.
- Monthly progress reports and an evaluation must be completed along with a final follow up at the end of the fiscal year.

Rural Conversation Community

- A one hour 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, and held on the third Wednesday of the month.
- Targeted to EDs, Program Managers, and Direct Service Staff at Centers for IL.

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Overview of Technical Assistance, Intensive Support, TA Office Hours and Peer Support TA Calls

Paula McElwee, IL-NET TA Coordinator

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 training or information and answer questions for individuals, board, or other groups via Zoom.

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. Assistance and training may be provided for your CIL or SILC in the identified areas.
- 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. These have been on hold due to COVID-19 travel restrictions.

*Your state's ACL PO can be found at <https://acl.gov/programs/aging-and-disability-networks/centers-independent-living>, the first + at the bottom of the page.

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.
- CIL executive directors participate on a Monday call, typically the second Monday each month.
- CIL associate directors/program managers participate on a Tuesday call, typically the second Tuesday of the month.
- Calls for DSEs are quarterly.
- Calls for CIL Financial Managers are quarterly.
- All calls are at 3:00 p.m. Eastern time
- NEW THIS YEAR – TA Office hours, the 4th Thursday of the month from 12-2pm Eastern time.

A Weekly TA Refresher...

- Many technical assistance requests are by email and include a written response.
- Pertinent TA topics and answers to frequently asked questions are posted on the IL-NET TA blog. Subscribe at <http://ilnet-ta.org/wp/> to be notified of new posts via email.
- Brand new directors of both CILs and SILCs can set up periodic one-to-one phone calls on a weekly, bi-weekly or monthly basis as they get oriented to the new job.

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://uthtmc.az1.qualtrics.com/jfe/form/SV_6lKilezKraKSsEB

IL-NET Attribution

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