



Ability 1st Utah

Promoting Independence
for People with Disabilities

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VALUES STATEMENT

Educate, Respect,
Advocate, Support

5K/10K/1k 2020

Runners, walkers, and those using assistive mobility devices of all ages and abilities will make the day an experience to remember! This race is an opportunity for service, fun, awareness, and prizes. It is a sanctioned race by US Track and Field.

COME AND PARTICIPATE IN OUR 2020 RACE!



Nursing Home Transition Success Story 2019

When we met with Rose to get her signed up for services, she was recovering from losing both of her lower legs due to poor circulation in a rehabilitation facility. She was no longer able to walk and was dependent on a manual wheelchair in order to access her living environment. She wanted to move into the home of her daughter but it needed significant modifications in order to make it accessible for Rose. This included a stair lift because her daughter's home had stairs that Rose was unable to navigate with the loss of both of her lower legs. Rose also needed small equipment such as a wheelchair cushion to make sitting in a manual wheel chair more comfortable, a transfer board so that she can transfer in and out of her wheelchair, and a drop arm bedside commode.

Rose is on a fixed income and was not able to afford the cost of these modifications on her own and her daughter's family was not able to afford the cost of the stair lift and vehicle modification—they were already remodeling their basement to make an apartment for Rose and the cost and installation of stair lift is prohibitive. I referred Rose to our Assistive Technology Specialist who went to the home of Rose's daughter and conducted an evaluation. She recommended a curved stair lift to assist Rose with getting to the different levels in her daughter's home and a drop arm bedside commode.

Rose was able to qualify for paid services through the Utah State Office of Rehabilitation which paid for the installation of the curved stair lifts and for the drop arm bedside commode. She also is receiving assistance through the New Choice Waiver program that provides her with home health services. Rose was able to transition out of the rehab facility and was able to move into her daughter's home and there, she is able to live and access her community independently with these services. Without the services provided, Rose would probably still be languishing in a nursing facility because she would be unable to live independently in the community without the stair lift, manual wheel chair cushion, slide board and drop arm bedside commode. Rose is very pleased with how the items provided to her through the Ability 1st Loan bank and through USOR paid services have assisted her with returning to the community and being able to independently and safely access her living space.

Ability 1st Utah EXECUTIVE SUMMARY

Fiscal Year 2019

As of September 30, 2019

MISSION STATEMENT

TO RECOGNIZE, ADVOCATE, AND RESPECT EACH INDIVIDUAL'S RIGHT
AND ABILITY TO REALIZE THEIR DESERVED QUALITY OF LIFE.

This will be accomplished by identifying needs, providing resources, strengthening abilities, and advocating social and political change for individuals with disabilities.

VISION STATEMENT

*To Integrate, Build, & Strengthen Abilities for
All Individuals with Disabilities.*

Celebrating 19 Years in Business!

Ability 1st Utah is celebrating our 19th year in business as a non-residential, 501(c)(3) non-profit organization that is committed to the Independent Living Philosophy.

Our Center assists each individual to live independently. We provide programs and services to people of any age with any type of disability in Utah, Juab, Wasatch, and Sanpete Counties.

Ability 1st Utah's 5 Core Services:

- ◆ Advocacy for Individual & Systems change
- ◆ Peer Support
- ◆ Information & Referrals
- ◆ Independent Living Skills Training
- ◆ Nursing Home Transition Services

All towards the goal of help individuals reach independence and self sufficiency in their chosen environment.

In addition to our core services, we provide Assistive Technology evaluation services, program specific transportation, and maintain an equipment loan bank consisting of used adaptive equipment for loan at no cost. We also have community integration activities and offer a Youth Program. Ability 1st Utah's programs truly empowers people with disabilities to live productive, successful, and self determined lives.



This Year's Goals:

- ◆ Our Employment Network's 7th year in operation! We have 25 beneficiaries assigned this year
- ◆ Increased number of participants to **1267**.
- ◆ Information & Referral services to **717**.
- ◆ **Outreach efforts:**
42 presentations & **11** Fairs.

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Success Story **P.4**

Thank You to Our 2019 5K -10K Run, Walk & Roll Race Sponsors!

CASH DONORS

Central Bank	\$10,000
Utah Community Credit Union	\$1,000
Capital Community Bank	\$1,000
Zions Bank	\$1000
America First Credit Union	\$500
Vivint	\$500
Rock Canyon Bank	\$250

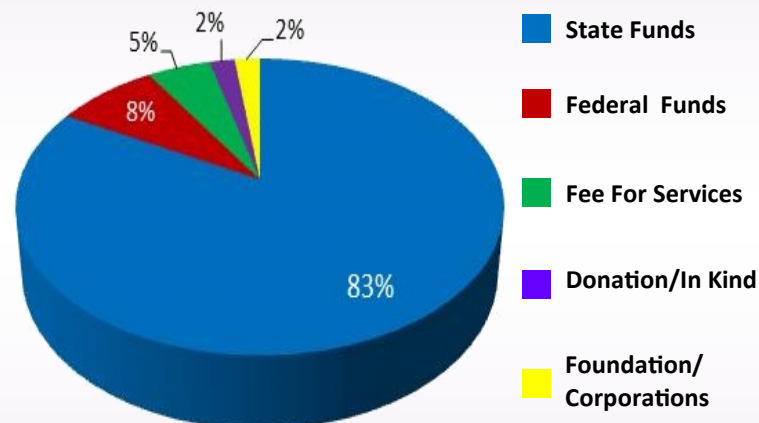
IN-KIND DONORS

Olive Garden	\$500
Honey Baked Ham	\$380
DoTERRA	\$350
Young Living	\$290
Stoke's Fresh Market	\$310
Marriott Hotel	\$270
Deer Valley	\$270

Customer Services Received

	FY2018	FY2019
Number of Participants	1217	1267
Information & Referral Services	1093	717
Total Individual Services Received	3781	3254
Nursing Home Transitions	15	20
Diversion Services	56	66
Assistive Technology Services	306	335

Total Funding: \$730,399.00



Community Transition Success Story 2019

Saul was diagnosed with Interstitial Lung Disease, a progressive lung pulmonary disorder that causes fibrosis (scarring) of the lungs. The scarring causes stiffness in his lungs which impairs his breathing, forcing him to use an oxygen producing machine. He suffers from chronic dry cough, shortness of breath, discomfort in his chest, fatigue and weakness.

He came into my office and I assisted him in applying for Social Security Disability. A few short months later, he began receiving Social Security Disability Insurance (SSDI) and lives according to his doctor's orders. Even though the road back to improving his health was long and unsure, he expressed gratitude for the time he would devote to work.

Determined to continue working, Saul and his case manager arranged a reasonable accommodation for him to work. He was referred to the Easter Seals Program for find part-time employment and now works at Ability 1st Utah as an assistant to one of our case managers. Despite his stress, Saul pointed out that work helped him feel stabled. "I am able to not think too much about what I am going through" he said. "I'm someone who doesn't quit" he continued. "But re-entering the workforce is difficult and you need someone there to help you do it. It's good to know that there are supports through Ability 1st Utah we can rely on when the going gets tough..."

Saul is doing what he loves, being able to work and using his skills again. Ability 1st Utah is a non-profit organization that promotes independence for people with disabilities to assist them in their goal to remain independent in their homes and active in the community and Saul is very happy to be Ability 1st's consumer and be part of this organization.



EXECUTIVE MESSAGE

By Sandra M. Curcio, Executive Director

I am excited to bring you the 2019 annual report for Ability 1st Utah. This is our 18th year in business and we had an exceptional year of growth and development:

- Our Employment Network, under the Social Security Ticket to Work and Self-Sufficiency program, is in it's 7th year of operation, we currently have 25 Social Security Beneficiaries assigned to our network for this year.
- Our 17th annual "5K-10K Run, Walk and Roll" race was a great success due to the support we received from all of our sponsors and racers.
- We experienced a growth of 4% in the total amount of individuals with disabilities served from last year's number.

These are a few of our tremendous achievements in 2019. This success would not be possible without enormous effort and dedication of all the Ability 1st Utah staff and volunteers.

On behalf of the Board of Directors and staff, we hope the annual report gives you a glimpse of the impact Ability 1st Utah has made on the many lives of people with disabilities in our communities.



Cooking Class



Trip to Bridal Veil Falls

AT EQUIPMENT SUCCESS STORIES

LOAN BANK

Adam had a stroke and he and his wife live out in a small town with not a lot of community services or resources. He went to the Department of Workforce Services and asked if there was anyone that helped with senior citizens, where they referred him to us. At this point he was having to bathe at the local gym because his own bathroom in his house wasn't conducive for his hygiene needs. We gave him a transfer bench and a walker so he wouldn't fall in and around his house. He was very grateful and wanted our brochures to give around to his community.

ASSISTIVE TECHNOLOGY

Larry contacted Ability 1st Utah because he needed equipment that would help him to get around in his home. He was referred to our Assistive Technology program for equipment to help regain that mobility. During my assessment it was determined that a lift chair would meet his needs. When Larry received the lift chair he called to tell me it really improved his independence and his ability to stand up and down on his own without having to rely on his wife. He said "thank you so much, this is going to be wonderful!!!" He is recovering from surgery on his foot and the chair is making a huge difference for him. Before he stayed mainly in the bedroom on the bed watching TV but now he can go out into living room. I told him that I was glad that I was able to help him.

Frank requested our Assistive Technology services for a power wheelchair and vehicle modifications that included hand controls and a chair lift. Before he received these items he had to rely on his friends and family and said he always felt like a burden to them. Having these items has made it so he isn't dependent on others to get where he needs to go. The hand controls and vehicle lift have given him the opportunity to attend community events, arrangements, and do his shopping independently. He loves being able to ride his power chair over to the church. He likes the fact that he now can go to the store or his doctor appointment whenever he wants without feeling like he is an inconvenience to others.