



Ability 1st Utah

Promoting Independence
for People with Disabilities

1455 West 820 North
Provo, Utah 84601

Phone: 801-373-5044
Fax: 801-373-5094

E-mail: Sandra@ability1stutah.org
Website: www.ability1stutah.org

VALUES STATEMENT

Educate, Respect,
Advocate, Support

5K/1k 2023

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. Our race will be held on September 23, 2023.

COME AND PARTICIPATE IN OUR 2023 RACE!



Nursing Home Transition Success Story 2022

Recently I received a call from Central Valley Medical Center in Nephi, Utah. Ability 1st Utah has established a good working relationship with the medical center and has provided numerous pieces of equipment to patients wanting to transition and return to their chosen living environment. The recent request was for a patient who had left the hospital and was living in a local skilled nursing facility and was very unhappy. The patient Jose (I changed his name) had surgery that removed part of one foot and some toes on his other foot. Jose didn't want to remain in the nursing home and called his doctor's office for help. Jose didn't have the money to purchase any of the equipment that he had been using at the care center. Ability 1st Utah to the rescue!!!! I was able to find a loaner wheelchair that fit Jose and he could use until his new chair comes. I set Jose up with a bath bench, a Reacher grabber device and some other odds and ends. A quick trip to Nephi and we were able to transport Jose and his personal belongings from the care center back to his apartment. A successful transition, a diversion by providing equipment that will help him stay in his apartment and set in place core goals to help Jose deal with the challenges his recent surgery presented. A win all around!

Ticket To Work Program Success Story 2022

Steven worked construction most of his life but at the age of 48 he had a stroke. The stroke left Steven with many limitations that prevented him from being able to continue to work in the field of construction. He relied on Social Security Benefits, Medicaid, Section 8 housing and food stamps for 5 years that helped his family to get by. As a father of 3 teenage boys who are very active in football Steven wanted to return to the workforce so his family will be better financially stable. He heard about the Ticket to Work Program and met with me to understand what is available in the program to help him return to work. He assigned his ticket to the Ticket to Work Program and with support and services, as well as, the benefits counseling, and work incentives, he was able to understand how earnings will affect his benefits. He was able to explore different types of fields of work and seek one that is compatible with his disability. Steven applied for and was offered a position as a Psych Tech at the Hospital working the grave yard shift. Reasonable accommodations were provided by his employer to remove barriers of his employment. Steven thrived at his position and was liked by his employer so much that when a day shift position became available it was offered to him with a raise. He continues to work and said "he feel productive and able to support his family".

Ability 1st Utah EXECUTIVE SUMMARY

Fiscal Year 2022

As of September 30, 2022

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 22 Years in Business!

Ability 1st Utah is celebrating our 22nd year in business as a non-residential, 501(c)(3) non-profit organization that is committed to the Independent Living Philosophy.

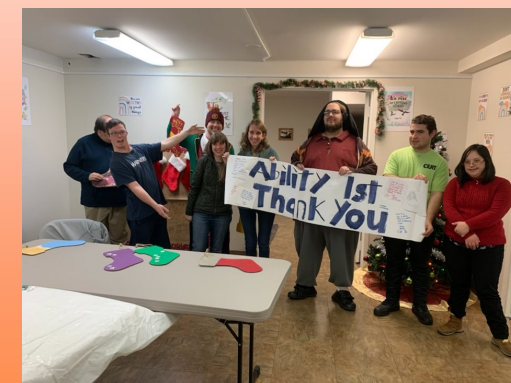
Our Center assists each individual to live independently. We provide programs and services to people of any age with any type of disability in Utah, Juab, Wasatch, and Sanpete Counties.

Ability 1st Utah's 5 Core Services:

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

All towards the goal of helping 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. It consists of used adaptive equipment to 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 10th year in operation! We have 23 beneficiaries assigned this year
- ◆ Number of participants served 1,195.
- ◆ Information & Referral services 656.
- ◆ Outreach efforts: 42 Presentations 10 Fairs.

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Success Story P.4

Thank You to Our 2022 5K -1K Run, Walk & Roll Race Sponsors!

CASH DONORS

Central Bank	\$10,000
Zions Bank	\$1,000
America First Credit Union	\$500
Stryker	\$1,100
NuSkin	\$1,100

IN-KIND DONORS

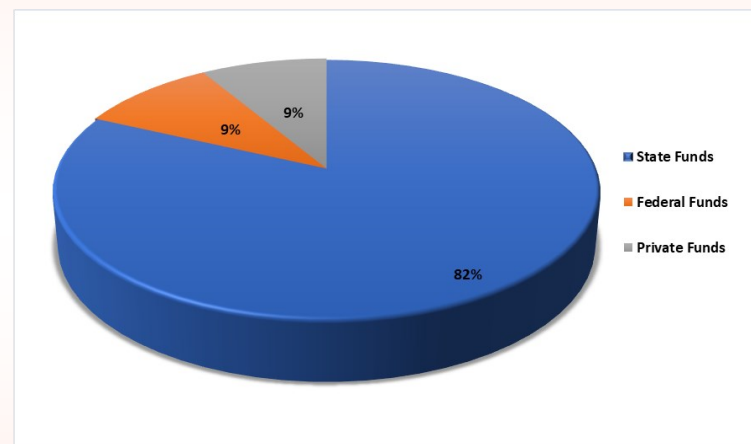
DoTERRA	\$315
Splash Summit Resort	\$1209
Marriott Hotel	\$279
Vision Wear International	\$300
DHI- Parking	\$250
The Habit Burger Grill	\$300
Scheels	\$200

Customer Services Received

FY2021 FY2022

Number of Participants	1151	1195
Information & Referral Services	619	656
Total Individual Services Received	2632	2816
Nursing Home Transitions	13	6
Diversion Services	32	21
Assistive Technology Services	354	279

Total Funding: \$903,675.21



Youth Program Success Story 2022

Ability 1st Utah has an amazing Youth Program that runs from August-May, then we have our Youth Summer Program that runs from the first of June to the first week in August. Many of the skills taught are emotional and physical boundaries, recognizing emotions, coping with anxiety, depression and OCD. We also have lessons that target financial aspects that the youth will need to learn in order to become independent. We have and will continue to teach good hygiene, job related skills including building a resume and interview skills, communication skills, apartment hunting, and even managing an apartment. Along with our classes that we teach, we really try to get the youth out into the community. Some days this will be going bowling, going to museums, learning how to order and pay for food items at stores or restaurants. As the youth coordinator I try to pay attention to the behaviors and mannerisms that my youth are engaged in, when they are out in the community. Sometimes I address any ill mannerisms right then and teach them what is proper, other times I will use this information to teach lessons back at the center. One of our consumers Becky (I changed the name) wrote this:

“I really like the services Ability 1st Utah provides to me and my friends. I have enjoyed attending classes and activities there on a weekly basis. I am learning as many independent living skills as I can, so that one day I can live on my own in the community. One important lesson that I found helpful was on how we could turn our disability into an ability. One example of this is that I have learned to maintain and respect social boundaries with everyone. I love to hug people, but through these classes I have learned it’s not always the right thing. Through the classes that my teacher Danetta has taught, is that I can still be loving and caring, but also be considerate in giving people their space.”

Ability 1st Utah works with individuals with any disability, we adapt our lessons and activities to make sure that everyone feels included in our program. We enjoy having each consumer participate and grow. We love seeing the small steps to them becoming successful, and it is always fun when we get to work, and see someone grow over a period of time. Recently our weekly numbers of attendance has seen a temporary decrease, because many of our youth have grown so much that they are currently employed around the community, and some are even taking college classes at UVU.

Holiday Party 2022



EXECUTIVE MESSAGE

I am excited to bring you the 2022 annual report for Ability 1st Utah. This is our 22nd year in business and we had some successes as well as some challenges. This year’s successes is that our center provided services to 1195 individuals with disabilities. We assisted 6 people in transitioning out of an institution and we diverted 21 people from going into an institution. We also assisted 279 with assistive technology services. We also assisted 23 Beneficiaries with services from our Employment Network. The challenges have been with staffing. We have had several staff move onto other jobs and several that have moved out of state. Even with these challenges we have kept services moving forward. Also We are still seeking funding for an elevator for our building.

Our 19th annual “5K-1k Run, Walk and Roll” race was a great success due to the support we received from all of our sponsors and racers. This success would not be possible without enormous effort and dedication of all the Ability 1st Utah staff, volunteers and Board Members.

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.



BYU Bean Museum

AT EQUIPMENT SUCCESS STORIES

ASSISTIVE TECHNOLOGY

Donna Smith has Multiple Sclerosis. She has limited standing and walking abilities. She stated that she has loss of sensation in some area of her body. She has problems with weight, balance, coordination and weakness. Donna uses assistive technology devices which are reasonably and necessary for her to prevent injury, and to maintain her independence in her home and access the community to be more independent.

Ability 1st Utah has assisted Donna with this equipment.

A Powerchair. Donna has limited standing and walking abilities. The Powerchair is to assist Donna with her goal of mobility and to be more independent.

DI vouchers. Donna received vouchers for summer and winter clothes. She had gained some weight and needed to get some clothes that would fit her. She was able to get clothes that were appropriately fitting for her.

Vehicle Modification (Transfer Seat and wheelchair locking device). This allows Donna to transfer into the driver’s seat from her powerchair. She needs the docking system to be able to ride in the passenger position when her husband is driving.

Ramp. A ramp was installed so that Donna was able to get her chair in and out of her home. This made it possible for Donna to be more independent and to access the community.

Manual Wheelchair. A Powerchair is not always useful in the community. There are stairs and other obstacles where a Manual Wheelchair is more useful. Donna is able to benefit from having a manual wheelchair at her disposal.

Hearing Aids. Donna was tested for hearing aids and is in the process of getting hearing aids to become more independent. Donna said “Ability 1st Utah and Jhilma has blessed my life with a power wheelchair, a ramp for our home so I could get the chair in and out. A community grant to help me with some new clothes, for me when I gained weight. Most recently, they helped us get an accessible van. I call it my freedom van because it allows me to go places by myself. In the past I had to have someone go with me to lay out the portable ramp because it was too heavy for me. Ability1st Utah also help me with a light wheelchair. I am lucky to have been blessed to have the Ability1st Utah in my life and to have Jhilma as my Case Manager Coordinator