5K/1k 2024

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 21, 2024

COME AND PARTICIPATE IN OUR 2024 RACE!

Ability 1st Utah

Promoting Independence for People with Disabilities

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Values Statement

Educate, Respect,
Advocate, Support

Nursing Home Transition Success Story 2023

In August, Christopher suffered a nasty heart attack that landed him in the hospital. He was unable to walk well and required a lot of assistance with his personal care needs. His daughter called me and asked about what we at Ability 1st could assist him with getting that could assist him with this. We discussed options and she determined that he needed a cane, a toilet riser with handles, a transfer bench and a hospital bed. I told her that she could work with his insurance on getting the hospital bed with a prescription from his doctor. I told her that we could assist him with getting the cane, toilet riser and the transfer bench so that he could walk and navigate around his daughter's home and care for his personal care needs independently in his home and return to the community. These items were delivered to his daughter's home where he was going to be staying and he was able to come home from the hospital and increase his independence in the community.

Ticket To Work Program Success Story 2023

Jacob Cohen first assigned his ticket to the Ticket to Work program at Ability 1st Utah Employment Services after a friend of his told him that the Ticket to Work Program will allow him to keep his benefits longer while working towards financial independence.
Jacob met with the Employment Coordinator and Benefits Counselor Janine Culver who explained to him the goal of the program is to work towards financial independence through employment. The Social Security Work Incentives that lowers countable income. Jacob was on Supplemental Security Income (SSI) and Medicaid. Using the SSI Calculation Worksheet, it was demonstrated to Jacob how SSI gradually decreases as his earning increases with a higher financial monthly outcome that can provide financial independence. The Medicaid Work Incentive (MWI) that allows him to keep his Medicaid benefits longer while working towards his financial Independence was explained. Jacob was homeless at the time of his ticket assignment. He was provided the resources and advocacy from his employment Coordinator that connected him to housing and he participated in pre-employment resume writing, interview skills and job search skills activities and soon he was hired and working in the Culinary Art Industry. With the ongoing Benefits Counseling, support and service Jacob continues to maintain his goals to continue to work in Culinary Art.

Ability 1st Utah
EXECUTIVE SUMMARY

Fiscal Year 2023
As of September 30, 2023

This Year's Goals:

- Our Employment Network's **11th** year in operation! We have **21** beneficiaries assigned this year
- Number of participants served **1,214.**
- Information & Referral services **874.**
- **Outreach efforts:**
  43 Presentations
  26 Fairs.

INSIDE:

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2024 5K-1K Race P.4
Success Story P.4

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 23 Years in Business!

Ability 1st Utah is celebrating our 23rd 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.

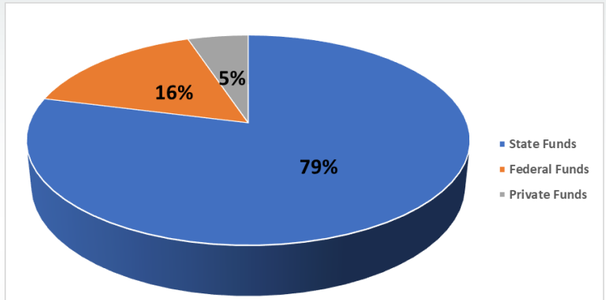
Thank You to Our 2023 5K -1K Run, Walk & Roll Race Sponsors!

CASH DONORS		IN-KIND DONORS	
Central Bank	$10,000	Splash Summit Resort	$1250
Zions Bank	$1,000	Marriott Hotel	$279
America First Credit Union	$500	Vision Wear International	$300
WCF	$1,050	DHI– Parking	$250
NuSkin	$1,200	Honey Baked Ham	$300
		Scheels	$250

Customer Services Received

	FY2022	FY2023
Number of Participants	1195	1214
Information & Referral Services	656	874
Total Individual Services Received	2816	3311
Nursing Home Transitions	6	7
Diversion Services	21	27
Assistive Technology Services	279	276

Total Funding: $1,015,045.00



Youth Program Success

Sam's journey at Ability 1st Utah is truly inspiring, showcasing the positive impact of the program on individuals who may have faced challenges in making positive choices. Here are some key points from Sam's success story:

* Addressing Poor Choices: It's commendable that Sam recognized the need for positive change in his life and took the initiative to join Ability 1st Utah. This shows a willingness to learn and grow.
* Social Skills Classes: The social skills classes at Ability 1st Utah have proven to be instrumental in helping Sam make better choices. Learning to think before making decisions and avoiding negative influences is a crucial skill that can significantly impact one's life trajectory.
* Empowerment and Decision-Making: The program has empowered Sam to think independently and critically assess situations. This newfound ability to make informed decisions is a valuable asset in navigating the complexities of society, especially in Sam's life.
* Teamwork and Leadership Skills: Participation in the Ninja Conference has provided Sam with exposure to teamwork and leadership skills. These experiences are not only beneficial in a professional setting but also have contributed to his personal growth and self-confidence within himself.
* Advocacy Classes: Learning about advocacy is a key aspect of self-empowerment. Sam's exposure to advocacy classes has likely equipped him with the skills to express his needs, rights, and preferences confidently.
* Transformation in a Short Period: Sam's positive transformation within a few weeks is remarkable. It highlights the effectiveness of the program in providing timely and impactful support to individuals seeking positive change.
* Employability: The fact that Sam is now able to hold a job indicates a significant improvement in his practical skills and overall employability. This is a crucial step towards financial independence and stability.
* Leadership Development: The mention of Sam developing leadership skills is promising. Leadership qualities not only enhance one's professional life but also contribute to success in various social and personal spheres.
* Educational Aspirations: Sam's plan to return to school and pursue a degree demonstrates a commitment to continued personal and academic growth. It's a positive step towards long-term success and fulfillment.
* Steppingstone for Success: Ability 1st Utah has played a pivotal role as a stepping stone in Sam's education and personal development. The program's holistic approach seems to have effectively addressed multiple facets of his life, laying the foundation for a successful future. Sam's success story is a testament to the importance of programs like Ability 1st Utah in providing support, guidance, and resources for individuals seeking positive change and a pathway to success in society.

Holiday Party 2023

Executive Message

By Sandra M. Curcio, Executive Director

I am excited to bring you the 2023 annual report for Ability 1st Utah. This is our 23rd year in business and we had some successes as well as some challenges .This year's successes is that our center provided services to 1214 individuals with disabilities. We assisted 7 people in transitioning out of an institution and we diverted 27 people from going into an institution. We also assisted 278 with assistive technology services. We also assisted 21 Beneficiaries with services from our Employment Network. The challenges have been with staffing. We have had several staff leave for Even with these challenges we have kept services moving forward . Also We are still seeking funding for an elevator for our building.

Our 20th 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.

St. Patrick's Day Crafts

AT Equipment Success Stories

Assistive Technology

Loan Bank:

I received a referral from one of the case managers or BB. BB was basically stuck in her home and was the primary caregiver for a disabled husband. BB was also disabled. BB needed equipment so that she could take better care of herself and her husband. BB was directed by the case manager to go see her family doctor and get a prescription for a power mobility device. Knowing that process would take some time, BB was referred to me to provide some loan bank items for BB to use. BB was given a power mobility device to use right away to be able to go to the store, take care of short errands or just get out in the sunshine while she waited for her own power mobility device to be approved.

Nursing Home Transition:

In August, Christopher suffered a nasty heart attack that landed him in the hospital. He was unable to walk well and required a lot of assistance with his personal care needs. His daughter called me and asked about what we at Ability 1st could assist him with getting that could assist him with this. We discussed options and she determined that he needed a cane, a toilet riser with handles, a transfer bench and a hospital bed. I told her that she could work with his insurance on getting the hospital bed with a prescription from his doctor. I told her that we could assist him with getting the cane, toilet riser and the transfer bench so that he could walk and navigate around his daughter's home and care for his personal care needs independently in his home and return to the community. These items were delivered to his daughter's home where he was going to be staying and he was able to come home from the hospital and increase his independence in the community.

Nursing Home Diversion:

Lauri has cerebral palsy and is completely dependent on her foster family for all of her care. Lauri has a tilt in space manual wheelchair that enables her family to get her where they need her to be. She lives with her foster family who have another daughter who also has cerebral palsy. Laurie's foster parents had been able to purchase a Sprinter van to transport her and her sister in but were having to use a portable ramp to get them in and out of the van. This was not really feasible for them and made going places in the community, like medical appointments, really difficult. With the assistance of funding through the Utah State office of Rehabilitation, Lauri and her family her able to get a rear entry lift that they are able to get Lauri and her sister in and out of the van easily and safely and to prevent injury to their parents.