



AUTUMN 2023

# THIS IS Living! NEWSLETTER

Agency Announcements .....	02
Kern County ADA Conference Photo Gallery.....	03
ILCKC Services & Programs .....	04
Disability Disaster Access & Resources (DDAR)	
ILCKC Services & Programs .....	05
Kern County ADRC	
October Calendar .....	06
November Calendar .....	07
December Calendar .....	08
Take a Look Ahead! .....	09
Consumer Success Story .....	10
ILCKC Staff Highlight	
"Friends of ILCKC" .....	11



Guest speaker presenting on stage at the 2023 Kern County ADA Conference.

## Highlights

### 2023 Kern County ADA Conference Photo Gallery

- KC-ADRC Consumer Success Story
- Current ILCKC Services & Programs
- Upcoming Events & Holidays!



# ASSISTIVE TECHNOLOGY

## ASSISTIVE TECHNOLOGY (AT)

### NOUN:

*Any item, piece of equipment or product system that is used to increase, maintain or improve functional capabilities of individuals with disabilities.*

### Examples include:

Cell phones, Mobility Devices, Communication Devices, extensions for the use of daily tools Durable Medical Equipment (DME), etc..



Assistive Technology Advocate David Hendrickson is a blind middle-aged white male who is wearing a grey collared shirt. He sits at a cubicle with a headset on as he uses a screen reader application to go through his emails on a desktop. The desktop screen is inverted in color scheme.

## Did you know?



The Air Carrier Access Act (ACAA) prohibits discrimination on the basis of disability in air travel. Airlines must accommodate the needs of air travelers with disabilities.

(More Information at [Transportation.gov](https://www.transportation.gov))

Airlines are required to provide:

- Assistance for passengers with disabilities, including wheelchair or other guided assistance (such as service animals);
  - Assistance to board, deplane, or connect to another flight;
- Seating accommodation that meets passengers' disability-related needs;
  - Assistance with the loading and stowing of assistive devices.



**Connect with the  
U.S. Department of Transportation**

**Voice** | (202) 366-4000 **Relay/TTY** | 7-1-1

[www.transportation.gov/contact-us](https://www.transportation.gov/contact-us)

**Our Public Policy Coordinator  
is here to help you learn  
more about advocacy!**



[www.ilcofkerncounty.org/programs/  
systems-change-advocacy/](https://www.ilcofkerncounty.org/programs/systems-change-advocacy/)

**Visit online to learn more about  
advocacy services.**



# Kern County ADA Conference

## Photo Gallery



Mayor Karen Goh stands beside  
ILCKC Executive Director Jimmie Soto.



Guests pose for a photo at the  
2023 Kern County ADA Conference.



Stage from left to right ASL interpreter faces the crowd, Kevin Charrette along with ILCKC  
Board Members stand alongside local dignitary representatives as they deliver recognition awards.



Bakersfield ARC staff members  
pose behind booth.



Raffle basket winner and ILCKC  
Board Member.



ILCKC Staff David  
alongside consumers.

# ILCKC SERVICES & PROGRAMS

- **Independent Living Skills (ILS)**

Independent Living Skills sessions are designed to improve or maintain the ability of the individual(s) to live as independently as possible in the community.

- **Individual & Systems Change Advocacy**

Educates and promotes positive change and inclusion for all individuals with disabilities through advocacy and mobilization in Kern County

- **Peer Support**

Group discussions and activities are held among persons with disabilities, which include disability-related issues, life issues, disability rights awareness, etc.

- **Information & Referral (I&R)**

Consumers and family members are provided with accessible resources and/or referrals to agencies in the Kern community for people with disabilities.

- **Housing Resources & Services**

Supports consumers with accessing affordable and accessible housing through good decision-making, budgeting, referrals, mediation, home modifications, other housing-related topics.

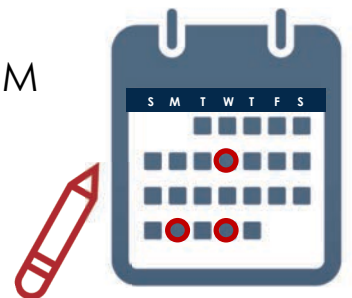
## Monthly Opportunities for Consumers!

### Attend our FREE monthly sessions!

**Independent Living Skills** - 2<sup>nd</sup> Wednesday at 2:00 PM

**Team Advocacy** - 3<sup>rd</sup> Monday at 2:30 PM

**Peer Support** - 4<sup>th</sup> Wednesday at 2:00 PM



**Sessions are held at ILCKC (5251 Office Park Drive, Suite 200, Bakersfield, CA 93309)**

*Offered in a hybrid format. Please refer to the calendars on pages 6-8 for more information on upcoming opportunities!*



## **Disability Disaster Access & Resources (DDAR)**

A program of the California Foundation  
for Independent Living Centers (CFILC)

**ILCKC is your local Kern County DDAR Center (DDARC) - Apply Online!**



Scan the QR code or visit online: [disabilitydisasteraccess.org/](https://disabilitydisasteraccess.org/)

### **Ready for an unexpected emergency?**

DDARC's provides necessary resources to people with disabilities affected by Public Safety Power Shutoffs (PSPS)

## **ILCKC SERVICES & PROGRAMS** *(CONTINUED)*

- **Transition & Diversion Services**

Assists consumers in relocating out of a skilled nursing facility, hospital or other institution and into their own home or into community living.

- **Personal Assistance Services (PAS)**

Educates consumers about care provider roles along with responsibilities, mediation, advocacy, and management of a care provider.

- **Assistive Technology (AT)**

Educates consumers about assistive technology devices and provides Durable Medical Equipment (DME) or AT devices based on availability, at no cost.

- **American Sign Language (ASL) Interpreting Services (Fee-for-service)**

Provides quality American Sign Language (ASL) interpreting services that facilitate communication between Deaf & HoH community, local business, and organizations.

- **Public Safety Power Shutoff (PSPS) Disability Disaster Access & Resources (DDAR)**

Educates consumers to prepare for emergencies, including those who use life-sustaining medical equipment that requires electricity.

- **Kern County Aging & Disability Resource Connection (KC-ADRC)**

KC-ADRC assists aging adults, people with disabilities, their families, and their caregivers.

*CONTACT AN INTAKE SPECIALIST TO LEARN MORE! (661) 325 - 1063*



# OCTOBER 2023

Independent Living  
Center of Kern County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Independent Living Skills | Learn and Apply: CalFresh Food Benefits

*Presented by Kern County Aging & Adult Services*

Wednesday, October 11th | 2:00 PM - 3:00 PM

### Team Advocacy | Accessibility

Monday, October 16th | 2:30 PM - 3:30 PM

### Informal Peer Support | Personal Finance

Wednesday, October 25th | 2:00 PM - 3:00 PM

### Halloween Day | October 31st

*Our office will be OPEN on Halloween.*

**Learn About and  
Apply for CalFresh  
Food Benefits!**

Wednesday, October 11th  
2:00 PM - 3:00 PM



**Zoom ID** 256 654 8249

**US Dial-In** +1 669 900 9128

**Join by scanning the QR code!**

Office 5251 Office Park Drive, Suite 200, Bakersfield, CA 93309

*Hybrid classes are offered!*

Zoom address link:

<https://us02web.zoom.us/j/2566548249>

# NOVEMBER 2023

Independent Living  
Center of Kern County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## Independent Living Skills | How to Navigate the Cloud

Wednesday, November 8th | 2:00 PM - 3:00 PM

## Veteran's Day Observance | Friday, November 10th

*Office will be closed all day in observance of Veteran's Day.*

## Team Advocacy | Human Rights

Monday, November 20th | 2:30 PM - 3:30 PM

## Informal Peer Support | Surviving Holiday Stress

Wednesday, November 22nd | 2:00 PM - 3:00 PM

## Thanksgiving Holiday | November 23rd and November 24th

*Office will be closed Thursday and Friday in observance of the holiday.*



**Zoom ID** 256 654 8249

**US Dial-In** +1 669 900 9128

**Join by scanning the QR code!**

Office 5251 Office Park Drive, Suite 200, Bakersfield, CA 93309

Zoom address link:

<https://us02web.zoom.us/j/2566548249>

*Hybrid classes are offered!*

# DECEMBER 2023

Independent Living  
Center of Kern County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Independent Living Skills | Voice Over Accessibility on iPhone (iOS)

Wednesday, December 13th | 2:00 PM - 3:00 PM

## Team Advocacy | Advocacy at Intersections

Monday, December 18th | 2:30 PM - 3:30 PM

## Holiday Break | December 25th and December 26th

*Office will be closed Monday and Tuesday in observance of the holidays.*

## Informal Peer Support | Movie Night

Wednesday, December 27th | 2:00 PM



**Zoom ID** 256 654 8249

**US Dial-In** +1 669 900 9128

**Join by scanning the QR code!**

*Hybrid classes are offered!*

Office 5251 Office Park Drive, Suite 200, Bakersfield, CA 93309

Zoom address link:

<https://us02web.zoom.us/j/2566548249>



# Plan in advance - take a look ahead!

## January 2024

Su	M	T	W	T	F	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOTES

---



---



---



---



---



---

*02/19 - Office will be closed in  
observance of President's Day*

---



---

NOTES

*01/01 - Office will be closed for the  
New Year Holiday*

---



---



---



---



---



---

## February 2024

Su	M	T	W	T	F	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

NOTES

---



---



---



---



---



---

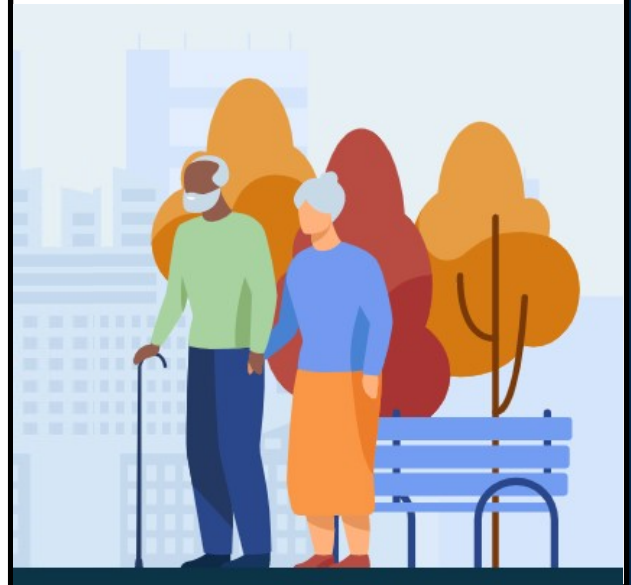
## March 2024

Su	M	T	W	T	F	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# Consumer Success Story



*KC-ADRC is your guide for aging and disability-related resources in Kern County*



A 68-year-old Caucasian Veteran (male) who recently underwent hip replacement surgery was admitted to a transitional care facility for rehabilitation. Due to his recovery process and other disabilities, the individual realized he would need home modifications shortly after being discharged from the care institution. The consumer connected with ILCKC Community Living Coordinator Jessica Carrillo who works through KC-ADRC "No Wrong Door System." Jessica met with the consumer to assess his needs and his goals. The consumer's main goal was to find a company to provide home modifications that accommodate the consumer's daily living in lieu of his recovery and disabilities. This would allow the consumer to return to his home with the utmost independence needed for his current lifestyle and recovery. Jessica worked diligently to assist the consumer in applying for different home modification grants throughout Kern County. Eventually, the consumer was approved by Around the Clock for his home modifications.

**"I can't say enough good things about my experience with ILCKC... I have my life back together again."**

After a home visit, Jessica noticed that the consumer was unable to stand for an extended period in order to cook for himself. She also noticed that his home was unorganized with no room for the consumer to move around with his walker. She determined that hiring a caregiver might be the best action plan. With different costs in hiring caregivers, she understood that the cost had to fall within the consumer's budget. She sorted through options with the consumer, starting with Medi-Cal services. Soon after being approved for Medi-Cal, which is a qualifying factor in applying for In-Home Support Services (IHSS) through Aging & Adult Services, the consumer began looking into his options but unfortunately, the cost was too high. Jessica and the consumer continued their search and contacted an independent caregiver. An interview was scheduled and it turned out a perfect match for the consumer. The caregiver was officially hired to provide weekly services at an affordable cost compared to other programs. Transportation was another barrier that the consumer faced. Jessica provided the consumer with the On-Demand Paratransit transportation application. With the assistance of Jessica, the consumer was approved soon after submitting the application. The consumer currently receives transportation services to and from appointments. During a quality assurance review, ILCKC contacted the consumer, and he stated: "I can't say enough good things about my experience with ILCKC and Jessica. Jessica went above and beyond for me. She was on her A++ game. She helped me when Medi-Cal did not. I am very thankful for her. I have my life back together again."

## INDEPENDENT LIVING CENTER OF KERN COUNTY, EMPOWERING PEOPLE WITH DISABILITIES TO LIVE AS INDEPENDENTLY AS POSSIBLE!



### Jessica Carrillo, Community Living Coordinator

Jessica Carrillo is the Community Living Coordinator here at the Independent Living Center of Kern County (ILCKC). Jessica joined ILCKC first as a volunteer in 2009 and was then hired on in 2010. Jessica's numerous roles at ILCKC began with her position as an administrative assistant/volunteer coordinator in 2010; she was an office manager in 2012; she became an IL Specialist in 2016; she was an IL Rural Area Specialist in 2018 and currently works as a Community Living Coordinator for the program Aging and Disability Resource Center (ADRC) since 2022. Jessica currently has 14 years of experience working with people with disabilities.

## Please Submit Feedback, Questions, or Comments:

Email | [info@ilcofkerncounty.org](mailto:info@ilcofkerncounty.org)

Phone | (661) 325 - 1063

Videophone | (661) 369 - 8966

or visit our website

[www.ilcofkerncounty.org](http://www.ilcofkerncounty.org)



## Donate to ILCKC Today!


### Independent Living Center of Kern County

Visit Online: [www.ilcofkerncounty.org/donations/](http://www.ilcofkerncounty.org/donations/)

OR scan the code!



Make this a monthly donation

 Donate with PayPal

Donate with Debit or Credit Card

ILCKC appreciates your continued support!



**ADRC** KERN COUNTY  
AGING & DISABILITY  
RESOURCE CONNECTION

[ABOUT](#)

[CONTACT US](#)

[NEWS AND UPDATES](#)

[FIND RESOURCES](#)



The KC-ADRC website includes information on KC-ADRC and links to an interactive database of service providers in Kern County that provide aging and disability resources. Individuals who are unable to visit KC-ADRC's website can request personalized support by calling: [\(661\) 868-1000](tel:(661)868-1000) or toll free [1\(800\) 510-2020](tel:1(800)510-2020).

Scan the QR code or visit: <https://kerncountyardrc.org/contact/>



Find the help you're  
searching for



Navigate complex systems  
and processes



Discover new resources you  
didn't know existed



# The Independent Living Center of Kern County



**5251 Office Park Drive, Suite. 200  
Bakersfield CA 93309**

**Office** | (661) 325 - 1063

**Toll Free** | (800) 529 - 9541

**Video Phone** | (661) 369 - 8966

**Fax** | (661) 325 - 6702

**Email** | [info@ilcofkerncounty.org](mailto:info@ilcofkerncounty.org)



@ilckc



@ilc\_kc



@ilckc



5251 Office Park Drive  
Suite 200  
Bakersfield, CA 93309



Consumer

Address

Kern County, CA

***Autumn 2023 Newsletter - This is Living!***

OCTOBER | NOVEMBER | DECEMBER