



DID YOU KNOW?

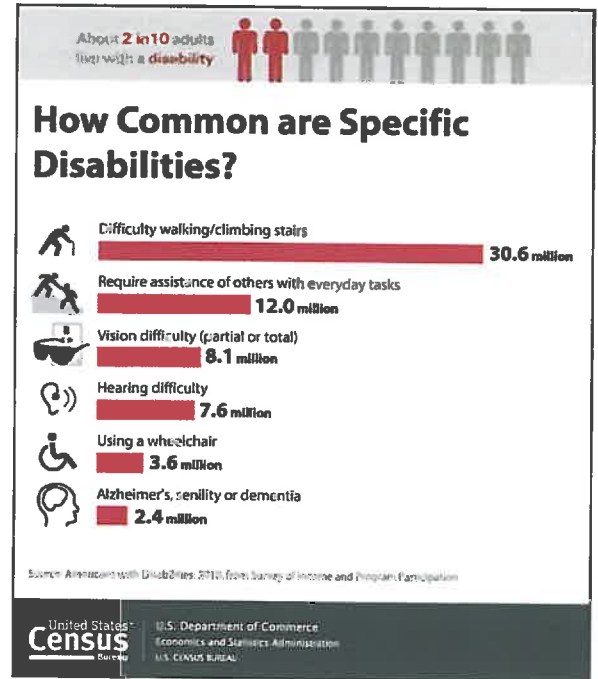
Nearly 1 in 5 People Have a Disability in the U.S.

About 56.7 million people — 19 percent of the population — or one in five people — have a disability in the United States. These statistics are based on a comprehensive report on this population by the U.S. Census Bureau in 2010.

The report, *Americans with Disabilities: 2010*, presented estimates of disability status and type and is the first such report with analysis since the Census Bureau published statistics in a similar report about the 2005 population of people with disabilities. According to the report, the total number of people with a disability increased by 2.2 million over the period, but the percentage remained statistically unchanged. Both the number and percentage with a severe disability rose, however. Likewise, the number and percentage needing assistance also both increased.

Disability statistics from this survey are used by agencies — such as the Social Security Administration, Centers for Medicare and Medicaid

(continued on page 3)



HEATHER, A HOME CARE FAMILY STORY

Heather is a bright young woman who has been with Cascade Connections Home Care since 2013. We took the opportunity to ask Faith, Heather's mother, about their experience with Cascade Connections over the past few years.



How would you describe Heather and her life up to now?

“Heather is an amazing 15-year-old who was born with multiple disabilities including severe motor and speech delays, vision issues, and sensory integration dysfunction. Six years ago, a seizure disorder was added to her list. Functionally, she loves people and interacting with life in many ways. She makes others laugh with her wonderful sense of humor and being ‘silly’ as she says. Heather attends a LifeSkills class at school and looks forward to seeing her friends there. As a family, we are blessed with lots of relatives and friends who include her in all activities. One of Heather’s favorite times each year is the holidays when all 33 of her dad’s family get together to celebrate and she can see every cousin, aunt and uncle.”

(continued on page 2)

Heather, continued...

What are some of the best moments you and Heather have had with our care aides?

“Care aides for Heather are like big sisters or aunts that come and hang out with her. Honestly, she is like any other teenage girl who pretty much gets tired of having her mom around too much! Heather loves having books read to her and doing five puzzles at once with someone next to her. She likes to take a caregiver to her room and sit on the bed and ‘talk’ about life – just like a typical teenager. Other highlights have been going to the library and exploring through lots of books, carving pumpkins or making cookies, and going to Edaleen Dairy for vanilla milkshakes with her favorite caregiver next to her in the car. She just loves having a friend along!”

What would you tell another parent thinking about working with Cascade Connections?

“I have found Cascade to be very conscious about understanding Heather and our family in order to coordinate the best match possible with a caregiver and our family. We appreciate this tremendously as a caregiver truly needs to become a part of our family to make everyone feel comfortable. Cascade has been willing to work with our schedule and our ‘favorite’ caregivers to maximize our time together.”



Is there a time that a Cascade Home Care Aide has gone above and beyond for Heather and your family?

“I feel our caregivers go above and beyond every shift as they have made themselves an integral part of our lives. Their attitudes are positive and they truly desire to help Heather and our family in whatever way they can. I have found my dishes done and kitchen clean because ‘Heather helped me do it.’ Both of our current regular caregivers have patiently sat with Heather for an hour or more during a seizure episode, talking gently to her, stroking her hair, and watching for her safety. They love her and she adores them. Every day, the first thing Heather talks about is who is coming today and she is very upset if there is no caregiver on the schedule!”

We appreciate Faith’s willingness to share some of Heather’s amazing story and their experience with Cascade Connections. We are honored to be a part of Heather’s life and seeing her blossom into an amazing woman.



Did you know? continued...

Services, and the Administration on Aging — to assist with program planning and management.

The report shows that 41 percent of those age 21 to 64 with any disability were employed, compared with 79 percent of those with no disability. Along with the lower likelihood of having a job came the higher likelihood of experiencing persistent poverty; that is, continuous poverty over a 24-month period. Among people age 15 to 64 with severe disabilities, 10.8 percent experienced persistent poverty; the same was true for 4.9 percent of those with a nonsevere disability and 3.8 percent of those with no disability.

PEOPLE THAT MAKE A DIFFERENCE

We would like to thank the following churches for partnering with us:

- Third Christian Reformed Church
- Sunlight Christian Reformed Church
- First CRC | Lynden, WA
- First CRC | Everett, WA
- Bethel Christian Reformed Church

WAYS YOU CAN HELP

Our Cascade Connections supported living program in Lynden has a client in need of a new vacuum cleaner. Our client, who lives alone, pays their own rent and utilities. A vacuum cleaner is needed to replace the one the roommate took when they left.

On April 1, Cascade Connections has a new client moving into the supported living program in Lynden. This person will be living on their own. We are excited and blessed to be able to provide them with this new opportunity. However, this person has no household items. We are looking for donations – everything from large items, such as a bed, to smaller items, such as pots and pans. Good quality please. If you can help with our client needs by contacting Mary at (360) 318-8070.

Other Facts About People With Disabilities

- People in the oldest age group (80 and older) were about eight times more likely to have a disability compared to those those in the youngest group (younger than 15; 71 percent compared with 8 percent). The probability of having a severe disability is only one in 20 for those 15 to 24 while it is one in four for those 65 to 69.
- About 8.1 million people had difficulty seeing, including 2 million who were blind or unable to see.
- About 7.6 million people experienced difficulty hearing, including 1.1 million whose difficulty was severe. About 5.6 million used a hearing aid.
- Roughly 30.6 million had difficulty walking or climbing stairs, or used a wheelchair, cane, crutches or walker.
- About 19.9 million people had difficulty lifting and grasping. This includes, for instance, trouble lifting an object like a bag of groceries, or grasping a glass or a pencil.
- Difficulty with at least one activity of daily living was cited by 9.4 million noninstitutionalized adults. These activities included getting around inside the home, bathing, dressing and eating. Of these people, 5 million needed the assistance of others to perform such an activity.
- About 15.5 million adults had difficulties with one or more instrumental activities of daily living. These activities included doing housework, using the phone and preparing meals. Of these, nearly 12 million required assistance.
- Approximately 2.4 million had Alzheimer's disease, senility or dementia.
- Being frequently depressed or anxious such that it interfered with ordinary activities was reported by 7.0 million adults.
- Adults age 21 to 64 with disabilities had median monthly earnings of \$1,961 compared with \$2,724 for those with no disability.
- Overall, the uninsured rates for adults 15 to 64 were not statistically different by disability status: 21.0 percent for people with severe disabilities, 21.3 percent for those with nonsevere disabilities and 21.9 percent for those with no disability.

Spring 2015 Newsletter

Cascade Connections

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TRAINING SCHEDULE | MARCH & APRIL 2015

Caregiver Skill Class – March 16 | 9am - 3pm

HCA Core Class – March 23-27 | 9am - 5pm

Orientation and Safety Class – March 31 | 9am - 3pm

70 Hour HCA Course – Starts April 1

CPR/FA Course – April 2 | 9am - 1pm

Traumatic Brain Injury Class* – April 7 | 12:30pm - 1:30pm

Skill Class – April 16 | 9am - 3pm

Autism – An Introduction* – April 27 | 9am - 10am

Managing Challenging Family Situations* – April 27 | 10:30am - 11:15am

Please visit us on the web at cascadeconnections.org to view our May classes.

* Indicates CE approved class.