



You Can Build Independence for Veterans With Disabilities

Disabled Veterans throughout Southeast Alaska want the tools to remain healthy and independent in their homes.

Thanks to SAIL's VOICE (Veteran Options for Independence, Choice and Empowerment) program,

Veterans have an option that puts them in control of their health. VOICE allows Veterans to work with their health care provider and the VA to determine eligibility

and direct their own in-home care when needed. This means the Veteran is in the driver's seat, and maintains control over who they hire, and what kind of help they would like. **This innovative program allows more Veterans to stay at home in their community of choice.**

SAIL works with disabled Veterans throughout the region to identify what services and programs best fit their needs. Whether it's the VOICE program, joining a peer support group, or participating in accessible recreation activities, SAIL wants to reach more Veterans across Southeast Alaska. **With your help SAIL will be able to meet the needs of Veterans in Southeast communities who want to live at home, but struggle to care for themselves.**



With SAIL's VOICE program, Veterans hire their own employees, including family members, to help with tasks they need to live safely at home.

You'll also help offer more recreation opportunities tailored to Veterans, like the upcoming Disabled Veterans Ski Day in Juneau. Together, we will build independence for Veterans and people experiencing disabilities. Consider a donation today!

YES, I/We want to help Veterans & people with disabilities build independence!

\$150 \$75 \$50 Other \$ _____

Gift Method
 Check for SAIL Enclosed or give online at www.sailinc.org
 Credit Card

To help more seniors & people who experience disabilities I'd like to become a **Monthly Donor**. Please charge my credit card the following amount every month:
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Name: _____
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FULL SAIL & AHEAD

Thank You For Helping Us Live at Home!

Lloyd and his wife Charlotte needed solutions. Lloyd has a condition that affects his balance, strength and mobility. The stairs to their home had become a barrier to Lloyd leaving the house. **A 30-year resident of Wrangell, Lloyd wanted to remain at home with his wife, but felt like his options were limited.**



You helped Lloyd and Charlotte live safely at home thanks to their new ramp. Thank you!

Enter SAIL. Sherri von Wolfe, SAIL's Accessibility Specialist, recognized that Lloyd was an ideal candidate for the Rural Ramp Project. Funded by the Alaska Mental Health Trust, **the pilot project provides ramps to consumers living in rural communities who experience home access barriers and want to be able to stay in their own home.**

Sherri completed a site layout for an aluminum ramp, which was custom built by partner Kasilof Wood & Metals with non-slip surfaces and integrated LED lighting for nighttime access. The ramp uses component pieces that can be broken down for transport, and reused in the future if Lloyd and Charlotte no longer need it.

"It has improved my life amazingly. I don't have real good balance and I can't use my walker on the stairs. Now I can get out of my house...it makes things so much easier!"

Collaboration is one of SAIL's core values, and the strength of that philosophy shined through in the completion of Lloyd's ramp. "The team support in Wrangell was essential," says Sherri. "A local contractor, Lloyd's Care Coordinator, Lynden Transport, and the Wrangell Senior Center all came together with donated time, essential know-how, patience and creativity to make this ramp a reality."

Today, Lloyd can use his walker to safely leave his home, and spend time in his yard when the weather is nice. "It has improved my life amazingly," says Lloyd. "It makes things so much easier. Thank you!"

Y our Support Built Confidence & Broadened Horizons

SAIL's employment skills classes for students with disabilities focus on teaching work skills and exploring long-term employment options. Our partnership with the Sitka School District works with students who will soon transition from school to the community.

The class takes a three-pronged approach to help students consider future employment options, and gain the tools necessary to be successful. Job site tours give students the chance to learn about options first hand, ask questions, and start to make connections between their interests and possible employment. Independent living skills are gained by learning to read a bus schedule, making a budget for groceries and learning about housing options. Employment skills like completing a job application and practicing interviewing are coupled with teamwork and communication exercises.



"I was nervous at first. Now I feel more prepared to work, and proud after doing SAIL activities."

Students learned from one another. A variety of personalities in the group at first meant quieter students shied away from group interactions. Engaging in teamwork activities, practicing conversation skills, and working together on employer follow-up like thank you notes helped students work together and lean on each other to complete tasks they were proud of.

Students also learned the value of engaging with the community around them. By thinking through and writing their questions beforehand, students were more

likely to speak up on job site tours, and were more involved and open to new ideas and information. **Thank you** for helping bring new experiences and satisfaction to individuals through employment.

M eaningful Employment Brought More Than a Paycheck

For people experiencing disabilities, securing work helps individuals discover new talents, connect with peers and build confidence and self-esteem. **With your help, SAIL assisted individuals with disabilities in finding trial work experiences** that align with their interests and strengths, and supported them to transition to permanent positions when the fit was right.

Syerus ("Sye") is an intelligent young man with a wry sense of humor. A senior at Haines High School, Sye excels at computer programming. Sye works with REACH, an organization that provides direct support in the community. Sye and his REACH worker, Suzanne, found Sye intermittent work shredding paper and doing yard chores. Although Sye appreciated the work, it wasn't consistent and Sye was frustrated that there was sometimes a long lag time from the work and when he was paid.



Sye and Suzanne sought out SAIL to help.

In Haines and other Southeast communities, **SAIL partners with Alaska's Division of Vocational Rehabilitation to find or carve out local employment opportunities for people experiencing disabilities.** In this case, SAIL was able to set up Sye for a paid work experience with a local lumberyard and hardware store. Three days a week, Sye stocks shelves, cleans, and helps with product inventory. Sye says he likes that he's "earning money I can spend for myself." With a sideways smile, he also adds that he "likes the free coffee!"

Suzanne notes that "Sye has connected with a couple of his coworkers particularly well. These social interactions really work for Sye. He responds well to their direction and is motivated by them to work hard."

Thanks to your help, SAIL will continue to connect individuals who want to work with new opportunities and the support they need for continued success.