



# What's Happening At Main Line January 2014

## Self-Advocacy Tips

How do I build Self-Advocacy Skills?

### Step 1: Know Yourself.

- **Education.** The first step to speaking up for your needs is to know what your needs are. Use the internet, read books about your specific diagnosis, talk to medical professionals, and talk to other individuals like you to gather all the information you can. Be an active participant in the process!

### Step 2: Know What You Need.

- **Identify and research your problem.** What problem are you trying to solve? Once you identify what it is you are trying to accomplish, you can research possible solutions to this problem and find out what resources are available. Set realistic goals for what you want to achieve.
- **Documentation.** Keep a log of everything you find (include program materials, service plans and correspondences). Organize your research into a binder so that it is easily accessible if you need to bring it with you.

### Step 3: Know How To Get It.

- **Identify who you need to contact.** Take your concerns to the appropriate person.
- **Be Persistent.** If one avenue to solve the problem doesn't work out, go about the problem from a different direction. If someone isn't calling or emailing you back, follow up with them. Make sure your voice is being heard.
- **Know when to get others involved.** Just because it's called self advocacy does not mean you have to do everything by yourself! Know how and when to ask for help. If you like, bring an advocate, family member or friend to meetings. You can ask your Main Line staff person for help or to point you in the direction of advocacy groups.

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## Main Line News:

### Brain Injury Support Group

Individuals with brain injuries, families, supports and professionals are invited to our quarterly support group in the Green Tree area in Pittsburgh. The meetings are designed to be both educational and to provide a forum for individuals to share their own personal experiences.

**Date:** January 29, 2014.

**Time:** 1:00 pm– 3:00 pm

**Location:** Manor Oak Two

1910 Cochran Road, Suite 385

Pittsburgh, PA 15220

For questions, contact Sarah Reis at 610-280-0180 ext.140 or by email at [sreis@mainline-rehab.com](mailto:sreis@mainline-rehab.com)

### Bowling Social Night

Join Main Line for a night of bowling, pizza and socializing!

**Date:** January 9th

**Time:** 5:00 pm– 8:00 pm

**Location:** Earl Bowl Lanes

251 NW End Blvd

Quakertown, PA 18951.

Please RSVP to 610-280-0180, ext 168.



## 28 Years of Excellence

Thanks to all Main Line staff for 28 years of excellence in clinical services!!

## Core Values

MLRA will:

- Promote the rehabilitation process as a person centered approach
- Protect the dignity and self worth of the individuals served
- Focus treatment on a quality of life that is important to the individuals served
- Respect and protect the rights of individuals served
- Promote the highest quality standard of service without regard to age, race, religion, gender, in a cost effective environment
- Advocate for increased independence in the least restrictive setting
- Strive to be aware of the needs of consumers, families, staff and funders
- Respect and respond to diversity and cultural differences
- Protect the safety of staff and consumers
- Provide excellent services with compassion and integrity

Managing your money and benefits can be challenging. The Money/Benefits section of your resource manual is filled with Tips and Strategies for Money Management. There is also a sample budgeting form and suggestions for how to ensure that you can continue to stay eligible for your services and your benefits. Feel free to speak with Main Line staff if you have any questions about Money Management and Benefits.



## Philosophy and Mission Statement

Main Line Rehabilitation Associates provides person centered home and community based rehabilitation services to individuals whose primary diagnosis results in cognitive deficits or learning difficulties. We evaluate and address individual needs, develop individualized treatment plans, and provide support services to individuals with neurological diagnoses, and when appropriate, their families, caregivers, employers, teachers, and friends.

Services are provided within the individual's home, school, workplace, and/or community to ensure effective intervention. Through the development of compensatory strategies, and improved skills and awareness, individuals are able to achieve their goals and greater independence.

Main Line Rehabilitation Associates matches staff with individuals to assure the best opportunity for success through one-on-one individualized services. Services are designed to meet the needs of each individual.

With the approval of the individual served, Main Line Rehabilitation Associates works actively with families and other support systems to promote long term success. The team collaborates with agencies, schools, and other support systems to foster inter-agency cooperation.

Main Line is dedicated to the continuing education of our staff. We base our services on the latest evidenced based practices, and a respect for each individual's rights and unique needs.