



2021 ANNUAL REPORT



arcare

Planning today for your loved one's tomorrow



PO Box 12890
Overland Park, KS 66282



P 913.648.0233
F 913.648.0057



www.arcare.org

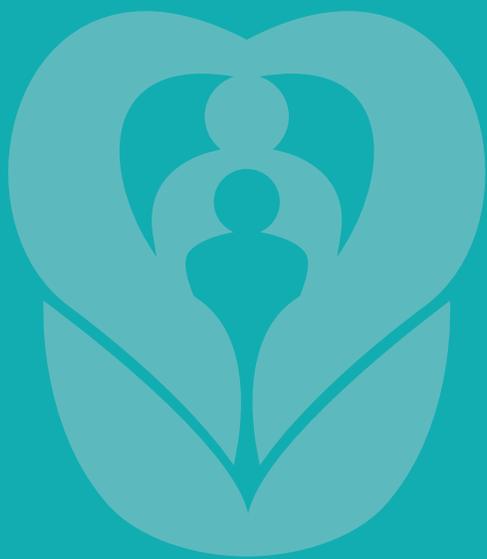


Table of Contents

4	Mission, Vision, Values Statements
6	Board of Directors
7	Letter from the Executive Director
8	2021 Highlights
10	Key Services
13	Charitable Fund Overview
14	Charitable Fund Highlight
15	Donate



Mission Statement

To provide caring and professional advocacy and program services to individuals with disabilities while assisting them in achieving their highest level of well-being.

Vision

- Arcare is committed to providing caring, planned and professional support to individuals with disability throughout their lives.
- Arcare delivers exceptional, custom-tailored services and handles every situation with the utmost care and confidentiality.
- Arcare helps families feel confident knowing even when they are no longer able to provide support, their loved one will continue to be cared for and protected.

Values

- We believe individuals with disabilities have the right to live the highest quality of life and achieve the highest level of well-being and independence possible.
- We use a person-centered philosophy to emphasize the unique needs of each individual we serve.
- We believe an individual is more than their disability, and we are committed to respecting and recognizing the strengths of our clients, families, staff and community partners.
- We value financial transparency, accountability, innovation and compassionate service

Board of Directors

Thomas Olson, M.D.

Chairperson

Larry Glennemeier, CPA

Treasurer

Kathy Rodden

Secretary

Polly Blomquist, JD

Member

Ed Bowman

Member

Emily Donaldson, CELA

Member

Martha Fleming

Member

Amy O. Walters, JD

Member

Thomas R. Willy, JD

Member

Celebrating 40 years of client service

In the early 1980s, a group of parents of adults with disabilities gathered to discuss their fears, their needs, and what they envisioned for an organization to support their loved ones with disabilities and their families. They were concerned about what would happen when their adult children no longer had parents to help them navigate life and the disability system. In 1982, this group of parents chartered Arcare and began operating as a board. Today, 40 years later, the grassroots organization started by these parents is not only still operating but thriving.

When I joined Arcare 32 years ago as the executive director, I fully understood the need for a continuum of support to assist individuals with disabilities and their families throughout all phases of their lives. Initially, Arcare offered only the Arcare Plan, now referred to as the Life Care Plan Program. As time went on and we continued building relationships with those we serve, we recognized additional needs and our services grew — first with our pooled trust program and then with our organizational representative payee services.

I am proud to say that Arcare now serves more than 1,900 individuals in our programs. We have seen exponential growth in our organization in the past few years, and nothing has highlighted the need for additional supportive services more than the global Covid-19 pandemic.

In addition to our services offered to the community, we have provided more than \$100,000 in grants to individuals with disabilities and organizations who serve them in the past year alone. At Arcare, we believe individuals with disabilities have the right to live the highest quality of life and achieve the highest level of well-being and independence possible. The availability of our charitable fund underscores our commitment to upholding this belief and delivering the highest impact where it is needed most.

As I reflect on our organization's past 40 years of service to the community, I am humbled, grateful and energized for the future. Our mission and values continue to drive our staff and leadership to develop innovative solutions to problems faced by our clients and their families. We embrace new technologies and programs for continued evolution while remaining true to a person-centered ideology.

In closing, I thank you for your continued support to our organization and its mission. I am confident that Arcare is poised to enjoy another outstanding 40 years ahead!

Sincerely,

Barb Helm

Barb Helm, LBSW
Executive Director
Arcare, Inc.



2021 Highlights

	Year 2017	Year 2021	Percent Growth
Trust Department			
Trust I	129	157	21.7%
Trust II	1031	1179	14.4%
Total	1160	1336	15.2%

Representative Payee			
	394	542	37.6%

Life Care Plan			
Plan Enrollment	30	56	86.7%
Guardianship	6	20	233.3%

	Year 2019	Year 2021	Percent Growth
Conservator			
	15	21	40.0%



Community Outreach and Engagement

Participated in:

- 2021 Kansas Disability Caucus
- InterHab Virtual Advocacy Day
- World Oral Health Day — Arcare staff collected 95 dental hygiene bags to distribute to individuals with disabilities in the community as a way to promote good oral health and hygiene.
- Virtual Colloquium on Guardianship: Medical Decision Making
- Stronger Together 2021: A Kansas legislative planning session hosted by KanCare Advocates Network

Presented at:

- Association on Aging with Development Disabilities (AADD) Conference; St Louis, MO
- InterHab Conference; Wichita, KS
- 2021 National Conference on Special Needs Planning and Special Needs Trusts; St. Petersburg, FL
- National Conference on Guardianship; Reno, NV

Exhibited at:

- Missouri Chapter of National Academy of Elder Law Attorneys 2021 Winter Elder Law Symposium
- Kansas Bar Association's 2021 Plaza Lights Institute
- InterHab Conference



Additional initiatives:

3

Provided **legislative testimony on three separate occasions** in Kansas

3

Communicated with national congressional members regarding **proposed legislation on three separate occasions**

Increased community mailing list by

4.1%

in 2021

Increased social media reach by

229.0%

in 2021

Increased social media followers by

7.8%

in 2021

Key Services

Since its inception, Arcare has prided itself on establishing services to meet the evolving needs of families and individuals with disabilities. We understand that no two families, individuals with disability, or situations are alike; therefore, we have created services that can be custom-tailored to each individual's needs and each family's desires.

Life Care Plan

One of the toughest questions families of a loved one with disability will face is, "Who will care for my loved one when I am gone?" With a Life Care Plan, families can feel confident knowing their loved one will be looked after and advocated for. The Life Care Plan utilizes a comprehensive questionnaire and extensive interview process to learn everything from your loved one's food preferences and recreational hobbies to complex medical needs and financial management. With this information, our team develops a plan custom tailored to each family's needs and desires. This living document is updated annually at a minimum to accurately reflect life changes as they happen, and it serves as a stable presence among a defined circle of support as the individual ages.

The Need

61 million
(26%) of adults in the U.S.
have some type of disability

13.7% of people with a disability have a mobility disability with serious difficulty walking or climbing stairs.

5.9% of people with a disability are deaf or have serious difficulty hearing

6.8% of people with a disability have an independent living disability with difficulty doing errands alone.

3.6% of people with a disability have a self-care disability with difficulty dressing or bathing.

4.6% of people with a disability have a vision disability with blindness or serious difficulty seeing even when wearing glasses.

10.8% of people with a disability have a cognition disability with serious difficulty concentrating, remembering or making decisions.

Source: National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention

What's more, mental health issues are on the rise. Ultimately, having a mental health condition can make it challenging to live everyday life.

1 in 5 U.S. adults experience mental illness each year.



50% of all lifetime mental illness begins by age 14, and 75% by age 24.

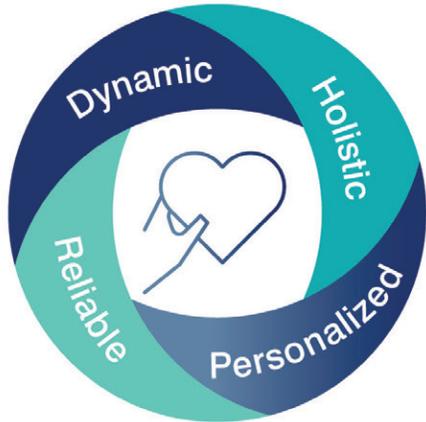


Depression is a leading cause of disability worldwide.



The Breakdown

A Life Care Plan is:



It includes information on an individual's:



With input from:

- The individual served
- Loved ones
- Caregivers
- Financial, legal and social resource providers



The Components

The Life Care Plan consists of eight pillars that, when combined, can ensure your loved one will be cared for and protected while eliminating potential hard feelings and family conflict that could arise from the overwhelming responsibilities of ongoing care.

COACHING

We will provide guidance for accessing services, completing assessments, handling legal issues and solving problems.

PAYEE REPRESENTATION

We will monitor finances and manage public benefits to pay bills and issue spending money.

TRUSTEESHIP

We will provide trusteeship within our pooled trust program and for stand-alone trusts to manage assets and preserve benefits.

GUARDIANSHIP

We will assume responsibility for surrogate decision-making for clients who have been deemed in need of a guardian.



CONSERVATORSHIP

We will manage the client's financial resources when the court has deemed it to be necessary.

RECORDKEEPING

We will keep detailed records to deliver continuity of care over time and will update your plan annually.

ADVOCACY

We will advocate for your needs and desires, and act upon information expressed by you and your circle of support.

MONITORING

We will monitor and educate you on your rights, and report any suspected abuse, neglect or exploitation.

Guardianship

When an individual has been deemed in need of a guardian by the court, Arcare can assume responsibility for surrogate decision-making for the client. Oftentimes a parent or family member assumes the primary role of guardian for their loved one. In the event that the parent or family member is no longer able to serve in this capacity, Arcare can serve as standby or successor guardian. This safeguard provides families peace of mind knowing that their loved one will continue receiving appropriate monitoring, advocacy and support when family members can no longer manage alone or are unavailable.

Trust Services

Ensuring a family's loved one has the financial resources required to meet his or her needs without jeopardizing their eligibility for government-provided supplemental benefits can be a challenge. An even greater consideration will be what happens to your loved one's financial situation when you're gone or unable to help manage it. That's why Arcare has developed its special needs trust services. With more than 25 years of experience as a fiduciary, Arcare ensures money is protected and administered for the individual with a disability in a professional, caring and cost-effective manner. We handle the paperwork and disbursement of funds while delivering personalized service and attention to clients. This frees family members from the overwhelming responsibility of being a money manager or trustee. As a result of dealing with federal regulations on a daily basis and remaining current with respect to the requirements related to special needs trusts, our expertise in trust administration has allowed us to help thousands of families and individuals enrolled in our trust services.

We serve as trustee of private Special Needs Trusts, as well through our pooled trust which operates in five states in the Midwest. The Arcare Pooled Trust I allows parents and family members a simple and effective way to provide for their loved one with special needs without jeopardizing their eligibility for means-tested benefits. The Arcare Pooled Trust II is a self-settled special needs trust for clients who receive SSI, Medicaid and/or other public benefits and have excess resources from a settlement, inheritance, back disability payment or other special circumstance.

Conservatorship

When the court has decided an individual with a disability needs a conservator to manage their finances, it is often very difficult for families to navigate on their own. The required accounting and reporting can be very overwhelming. Arcare can serve as conservator to provide proper oversight and management of the client's financial resources while alleviating the strain of this responsibility for the family. In addition, we assume the duty of reporting and accounting required by the court.

Representative Payee Services

As an organizational representative payee, we assist clients in managing funds received from Social Security or other benefits programs. We work with clients to develop a monthly budget, and we maintain records of expenses. As a representative payee, our primary responsibilities are to use these funds to pay for the current and foreseeable needs of the beneficiary and properly save any benefits not necessary for meeting current needs. We file all required annual reports and receive regular audits.

Charitable Fund Overview

At Arcare, part of our continuous outreach to the community includes using our charitable fund to provide grants to individuals with disabilities. Federal law allows Arcare to retain a percentage of funds from its first-party pooled trust (Trust II) upon death of beneficiaries to be used specifically for such charitable purposes.

These grants are then made available to individuals and families in the community that are affected by disability, or not-for-profit organizations that serve or support volunteer programs for persons with disabilities. Grant applications are reviewed and rated based on demonstrated need. The funding committee considers whether the goods and/or services requested are clearly defined and meet Arcare's Charitable funding guidelines.

Grant funding can be used for:

- Medical and dental care or equipment not covered by Medicare, Medicaid or private insurance
- Rehabilitation training, services, or devices not covered by Medicare, Medicaid, KVRS or private insurance
- Supplemental educational expenses
- Personal goods and services or equipment needed to enhance comfort and quality of life
- Transportation expenses for the individual applicant or for friends and relatives to visit the applicant
- Medical care including physician services, treatment and prescriptions
- Dental care and treatment
- Durable medical goods and equipment
- Shelter and utilities
- Deposits (must not be used for future rent payments)
- Auto and home repairs
- Goods, services and programs that promote wellness
- Goods or services that promote community integration

Arcare is proud to have granted more than \$100,000 in 2021 as detailed at the right for the benefit of individuals with disabilities and nonprofit organizations in the community who serve individuals with disabilities. For more information, visit www.arcare.org.

2021 Grant Funding By Category

Accessible Equipment	\$24,386.98
Appliance Purchase	\$321.86
Auto Repairs/Maintenance	\$3,728.33
Capital Improvements	\$19,826.00
Computer Equipment	\$1,868.93
Dental Expenses	\$21,060.00
Driving Classes	\$495
Funeral Expenses	\$3,590.10
Furniture	\$10,162.61
Home Improvements	\$3,971.17
Household Items	\$1,155.97
Housing Expenses (Rent and Deposits)	\$4,600.00
Insurance Expenses	\$313.00
Medical Expenses	\$140.78
Travel Expenses	\$825.38
Utilities	\$1,862.74
Misc. Expenses	\$1,421.11
Four-Course Living	\$500.00
Pro-Bono Services Provided	\$10,281.03

2021 Total **\$110,510.99**

Charitable Fund Highlight: Four-Course Living

One aspect of everyday life that can be a challenge for individuals with disabilities is their ability to maintain good nutrition. The Arcare Charitable Fund continues to provide yearly financial support for the Four-Course Living Program in Johnson County. Four-Course Living aims to empower individuals with disabilities and their caregivers with the knowledge and experience to shop and prepare healthy meals safely at home.

Feeding Unmet Needs

The program was created in 2015 by Jean Porter, a retired special education transition specialist, and Sherry Carter, a retired family and consumer science teacher. Both Jean and Sherry are K-State Research and Extension Master Food Volunteers.

At the heart of the program was the desire to create an environment where individuals with disabilities could develop kitchen and food-preparation skills, both of which are critical for individuals with disabilities who live in the community, given that it can be difficult to find classes tailored to these individuals' unique needs.

The classes offered by Four-Course Living highlight the importance of the program's four pillars:

- **Nutrition:** Instructors utilize the USDA's food icon, MyPlate, as a visual reminder to help individuals make healthier food choices, learn about portion control and select foods from the appropriate food groups.
- **Safety:** Classes dedicated to kitchen safety cover topics ranging from how to use appliances correctly to the importance of safe food handling. Because classes show rather than tell, students have the opportunity to practice the safety tips and demonstrate their skills among their peers.
- **Planning:** One challenge individuals with disabilities often face in preparing meals is doing so on a fixed income. In the planning courses, instructors work with students to understand the importance of outlining their meals ahead of time, and they learn how various ingredients can be combined to make different balanced meals while staying on budget.
- **Prep:** Using many skills learned in the other classes, individuals with disabilities have the opportunity to participate in a hands-on cooking class. Best of all, participants get to enjoy the food they make before class is over.





Customized Support

Volunteers are always exploring ways to tailor the classes to suit individual needs of the students. For example, volunteers recently created recipes tailored for a client who preferred to cook only in the microwave or toaster. Volunteers found items such as reusable and washable “toaster bags” that allow the student to cook crispy grilled cheese sandwiches safely in a toaster. Course instructors also educate participants on the availability of fresh produce at the store. Using pre-cut items can be a safe option that also minimizes the number of dishes used and prep time needed for a recipe.

When students attend their first class, they are given a binder to store their recipe cards. The cards are printed and put in page protectors so the students can add them to their binder after each class. The recipe cards have easy-to-follow instructions and visuals, and they can be tailored to an individual’s needs.

Classes are also available specifically for day service and residential providers. The Master Food Volunteers encourage staff to participate in class with the individuals they serve. Volunteers find that when the staff member and individual with disability participate together, it fosters collaboration, strengthens communication and increases participation. In-depth instruction on cooking for an individual with diabetes or specific dietary requirements can be provided. The classes also cover appropriate ways for staff to clean surfaces and hands, wash produce, and control portions. These classes can be offered at residential facilities so staff and residents can participate together, prepare a meal and enjoy together!

Donate

As a certified 501(c)(3) organization, we rely on considerate individuals with a kind heart and caring spirit to help further our mission. If you are able, we ask that you consider a one-time donation or a monthly pledge to support Arcare. All donations are tax deductible, and all funds are used directly to help us serve a growing population of individuals with disabilities.

Visit arcare.org/donate

or mail a check with “donation” in the memo line to: Arcare | PO Box 12890 | Overland Park, KS 66282

Thank you in advance for your continued support and generosity. We couldn’t do it without you!



www.arcare.org

PO Box 12890 | Overland Park, KS 66282 | P 913.648.0233 | F 913.648.0057