



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

DO YOU WANT TO MAKE THE MOST OF YOUR IN-HOME SERVICES?

Build Confidence about finding and keeping the best homecare worker for you.
Improve daily life through better communication about your service needs.

STEPS is a free program that promotes successful working relationships between consumer-employers and homecare workers.

A specialist* will meet with you in a place of your choice. Others may participate with you or in your place.

You'll receive:

- ◆ Handbook with useful checklists, forms and ideas
- ◆ Follow-up support as needed

TAKE THE FIRST STEPS TODAY! Call or email your area Center (see the following page) or contact us for more information: 1.877.867.0077

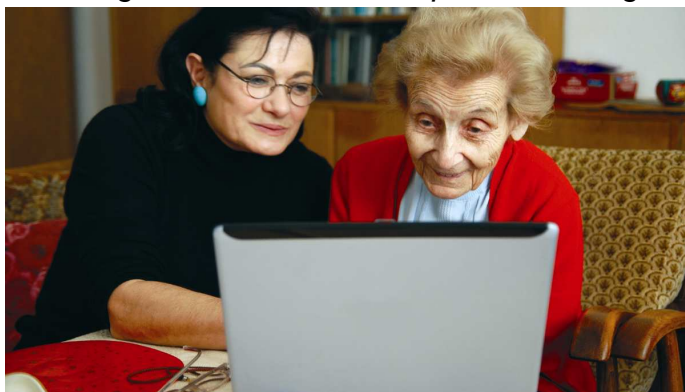


"I've used homecare workers for years and didn't think I needed STEPS, but I'm glad I went. Now I can set rules in my house."

STEPS is for people who receive services through:

- ◆ Client-Employed Provider (Medicaid in-home Services)
- ◆ Spousal Pay
- ◆ Oregon Project Independence
- ◆ State Plan Personal Care (for seniors and people with physical disabilities)
- ◆ Independent Choices Program

** **STEPS** is provided by the Oregon Home Care Commission in cooperation with Oregon's Centers for Independent Living.*



"Take STEPS right away – it helps to know at the beginning, when you first start getting services."

Learn more about...

- ◆ What it means to be the employer
- ◆ Your rights and responsibilities
- ◆ Tasks a worker can help you with
- ◆ Finding and hiring the best homecare worker for **YOU**

Improve your ability to...

- ◆ Let your homecare worker know what you expect
- ◆ Show your homecare worker how best to meet your needs
- ◆ Communicate and give feedback

STEPS will show you how to...

- ◆ Create backup and safety plans
- ◆ Solve problems constructively
- ◆ Let a homecare worker go when things don't work out

Contact the Center for Independent Living that serves your county:

County	Center	Phone	Fax	Email
Baker	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Benton	LILA	503.378.2556	503.373.7549	arogers@lilaoregon.org
Clackamas	ILR	503.232.7411	503.232.7480	Amy@ilr.org
Clatsop	ILR	503.232.7411	503.232.7480	Amy@ilr.org
Columbia	ILR	503.232.7411	503.232.7480	Amy@ilr.org
Coos	HASL	541.479.4275	541.479.7261	Sallyk_hasl@yahoo.com
Crook	CORIL	541-389-1772	541-389-1772	johnd@coril.org
Curry	HASL	541.479.4275	541.479.7261	Sallyk_hasl@yahoo.com
Deschutes	CORIL	541-389-1772	541-389-1772	johnd@coril.org
Douglas	UVDN	541.672.6336	541.672.8606	DeborahHines@uvdn.org
Gilliam	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Grant	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Harney	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Hood River	EOCIL	855-516-6273	541.370-2811	juliereynolds@eocil.org
Jackson	HASL	541.479.4275	541.479.7261	Sallyk_hasl@yahoo.com
Jefferson	CORIL	541-389-1772	541-389-1772	johnd@coril.org
Josephine	HASL	541.479.4275	541.479.7261	Sallyk_hasl@yahoo.com
Klamath	SPOKES	541.883.7547	541.885.2469	jennifer.kasper@spokesunlimited.org
Lake	SPOKES	541.883.7547	541.885.2469	jennifer.kasper@spokesunlimited.org
Lane	LILA	541.607.7020	541.345.7021	sdelarosa@lilaoregon.org
Lincoln	LILA	503.378.2556	503.373.7549	arogers@lilaoregon.org
Linn	LILA	503.378.2556	503.373.7549	arogers@lilaoregon.org
Malheur	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Marion	LILA	503.378.2556	503.373.7549	arogers@lilaoregon.org
Morrow	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Multnomah	ILR	503.232.7411	503.232.7480	Amy@ilr.org
Polk	LILA	503.378.2556	503.373.7549	arogers@lilaoregon.org
Sherman	EOCIL	855-516-6273	541.370-2811	juliereynolds@eocil.org
Tillamook	ILR	503.232.7411	503.232.7480	Amy@ilr.org
Umatilla	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Union	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Wallowa	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Wasco	EOCIL	855-516-6273	541.370-2811	juliereynolds@eocil.org
Washington	ILR	503.232.7411	503.232.7480	Amy@ilr.org
Wheeler	EOCIL	541.889.3119	541.889.4647	pattytoombs@eocil.org
Yamhill	LILA	503.378.2556	503.373.7549	arogers@lilaoregon.org