



## *East Bay Innovations*

Creating Opportunities

*“Courage doesn’t always roar.  
Sometimes courage is the  
little voice at the end of  
the day that says I’ll try  
again tomorrow.”*

*- Mary Anne Radmacher*

***Meet Linda.*** At 70, she likes listening to music, dancing, cooking, collecting stamps, and coloring. She adores her cats.  
And she cherishes her independence.

***Today,*** the challenges of living on her own are mounting, and while she's doing her best to keep pace with changing circumstances, it's a struggle. Chronic health conditions make it necessary for Linda to frequently see health care providers. At the same time, Linda's elderly sister, her sole support for years, is no longer able to assist with her care.

With help from her family gone, and medical concerns growing, EBI's role in Linda's life is changing. Frailty and declining health make it hard for her to use public transportation, and limited verbal skills make communication with medical personnel difficult. EBI staff now take Linda to her appointments, where they convey their observations and describe what she expresses to them, non-verbally.

EBI puts systems in place that Linda uses to follow her physicians' directions. Since Linda doesn't read, staff created a calendar with visual reminders of appointments – a photo of the doctor she'll be seeing or a medical facility, a building sign, etc. Her medication schedule includes replications of numbers she matches with the time on her digital clock. Linda diligently uses these tools to anticipate her schedule and manage her medications.

***Like Linda, as individuals with disabilities age, the type and amount of care they need often changes, and there may no longer be a network of family or friends to support them.***

Similar to the general aging population, for many, the desire to remain in their own homes is paramount. EBI's elderly clients worked hard to gain skills needed to become independent and, like Linda, are now trying – courageously -- to maintain their independence. EBI's hope is that we can support them to live in their own homes, as long as possible.

Your gifts help us respond to unmet needs when there is no other source of funding available. This year, the Timmer Family — longtime friends of EBI — generously offered to match donations made between now and December 31st. Your much-appreciated support will go twice as far!

*Thank you!*



Tom Heinz, Executive Director, EBI

*Your donations change lives!*





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