

# We are Northwest Missouri's Center for Independent Living.



More than half of our board members and staff have a disability. We use our personal experiences to see the **abilities** that people have, and we respect people for who they are.

We believe people with disabilities should **have control** over their own lives, achieve their own goals, and fully participate in their communities.

We guide people as they transition to a more **independent lifestyle** by learning skills (budgeting, cooking), preparing for life after school, or moving out of a nursing home.

We educate the public about accessibility, ADA compliance, and emergency preparedness.

We empower people with disabilities to advocate for their rights.

disability resources & referrals Nonprofit

## Choose your own caregiver

help with cleaning, cooking, shopping, personal care

Phones & devices for low hearing, low vision independence  
advocacy & peer support

Nurse visits at home Youth Services  
medication, blood pressure, diabetes care

## Independent Living Skills Training

*Nursing home transition*

## Accessibility

[www.meril.org](http://www.meril.org)  
816-279-8558

Midland Empire Resources for Independent Living

Helping people with disabilities and people who are aging **live independently** in Northwest Missouri.

MERIL is a nonprofit organization that connects people with disabilities to the resources they need so they can live safely and comfortably in their homes and communities.

Support our mission:

[www.meril.org/help](http://www.meril.org/help)

[Facebook.com/MERIL4U](https://www.facebook.com/MERIL4U)

**Main Office:** 4420 South 40th Street  
St. Joseph, MO 64503

**Branch Office:** 2416-B South Main  
Maryville, MO 64468



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## Help around the House

Hire a caregiver (using Medicaid) to help you with housekeeping, bathing, grooming, shopping, transportation, and more.

**Choose your own caregiver**, even a friend or family member (except spouse), and set your own work schedule. Receive the help you need – **in your own home and on your own terms.**

We process your caregiver's payroll and help you complete paperwork.



## Useful Phones & Devices

Try out phones and other devices designed for people with low hearing, low vision, or other types of disabilities.

**You may qualify for free devices!**

We have a public computer lab and video phone at our office.

We also provide education about home modifications and assistance with wheelchairs, walkers, canes, ramps, and other items.



## In-Home Nurse Visits

Our licensed nurses can help with medication setups, diabetic nail care, skin monitoring, and vital sign checks.

**Professional medical care in the comfort of your home.**

Nurses are available for patients who live in Andrew, Buchanan, or Nodaway county.

Ask about our free "vial of life" kit, and be prepared for an emergency.

*Call us. Tell us about your health condition or disability. We'll help you get the resources you need.*

Visit [www.meril.org](http://www.meril.org) for more resources and information.