How should caregivers help their loved ones get around in their home with a walker or cane or guide them into and out of the shower or bed, or from wheelchair to a car? The Home Alone Alliance has produced short videos to show caregivers how to help relatives and friends continue to live independently. Find the videos at aarp.org/nolongeralone
LOCAL EVENTS
Please Join Us!

August 5 – Rock N’Bowl Fundraiser
Clarkston, WA
Lancer Lanes, 1:00 pm – 3:00 pm

August 10-11 - Vandal Summer Academy
Coeur d’Alene, ID
Harding Family Center 8:00 am – 5:00 pm

August 15 - Drugs of Abuse
Lewiston, ID
Clearwater River Casino, 8:00 am – 4:30 pm

August 24 - Making Welcome
Spokane, WA
Access 4 All 1:00 - 3:00 pm

Oct 11 - U of I Health and Rec Fair
Moscow, ID
Student Rec Center, 1:00 pm – 5:00 pm

SAVE THE DATE
Zombie Fest!
October 2nd, Kenworthy Theatre, Moscow ID

ON GOING MONTHLY MEETINGS

CDA Advocacy Committee Meeting – 2nd Thursday
4:30 pm DAC Office, 3726 Mullan Ave Post Falls
208-664-9896 for more information

National Alliance on Mental Illness Support Group – 2nd Wednesday
7:00 pm LIFE Office 640 Pershing, Pocatello
208-232-5791 for more information

Brain Injury Support Group – 4th Monday
6:00 – 8:00 pm, Pullman Regional Hospital Pullman
509-592-8931 for more information
Invisible Disabilities

When I talk to people about disabilities, many automatically think about the obvious, including mobility impairments and common sensory disabilities like blindness. There are a number of other conditions that are typically invisible to others.

You may have spotted someone who looked “normal” but was using an accessible parking space. These hidden disabilities include diabetes, hearing impairments, sleep disorders, chronic pain or arthritis and post-traumatic stress disorder (PTSD)

We recently hosted two combat veterans at our ADA Celebration Picnic who live with PTSD. By all appearances they are “normal”.

When current medication treatment wasn’t working for them, they received a service animal specially trained for PTSD. These animals make the difference for them to be able to participate in normal life activities and have a better quality of life.

I for one had no idea what a service animal can do for PTSD. But they can help in so many ways!

They can sense when their owner is having an episode and can signal and interrupt this behavior. They can remind them to take medication, retrieve objects, prevent people from crowding around or rushing up on the handler, can assist the person getting up off the ground, or provide stabilization when walking. They can be trained to recognize and interrupt night terrors, and can prevent the owner from sleep walking. They can watch their back, or give the all-clear signal.

But for this therapy to work the public needs to understand. Yes, even though you can’t see the disability, they need to have their service animal with them. No, you may not pet the dog when it is working. This is very tempting, for who can resist a cute dog! But it’s very important for them to remain focused on their job. Rest assured, as these animals are also a household pet they get plenty of down and play time.

So the next time you see someone with a service animal, and the disability isn’t obvious, give the benefit of the doubt. Trust that something special is happening with this human-animal bond. And let’s celebrate instead how life changing this can be!

To contribute an article or comment on an article, please contact: vicki@dacnw.org
NEWS FROM DAC

LIFE HAPPENS ON A STAGE

Disability Action Center NW is a 501(c)3 non-profit advocacy center that has been in operation since 1990. They work for changes at the community, state, and national levels to remove physical, communication, and attitude barriers for people with disabilities. DAC NW has three offices located in Moscow, Lewiston and Coeur d’Alene, Idaho. They offer a variety of services from peer-to-peer independent living support, medical equipment exchange, help with self-advocacy, and access to assistive technology. This fall DAC NW is partnering with Kenworthy Performing Arts Centre on a fundraising collaboration called “Life Happens on a Stage”. They are raising funds to purchase a sturdy, portable chair lift system for use to access the Kenworthy stage. This accessible stage lift can be made available for other events in the community like Artwalk or Rendevous in the Park to make sure these events meet ADA requirements for accessibility.

The fundraising campaign will run through March and end with a ribbon cutting ceremony on March 27, World Theater Day. As part of the campaign DAC NW and the Kenworthy will feature Reel Movie Mondays, a free movie screening held the first Monday of the month October through March. It will kick off with a Zombie Fest on October 2nd with a screening of the fun zombie film “Fido”. Films about accessibility and the importance of inclusion will be shown each month. Independent Living means that we demand the same choices and control in our everyday lives that our non-disabled brothers and sisters, neighbors and friends take for granted.

DAC NW has an extremely diverse board of directors and staff that are eager to form this partnership with the community. Life happens on a stage and everyone should be able to be a part of it!
If you as a consumer with a disability want to personally encourage access, the following are 7 simple steps you can take:

Develop a Plan of Action- If you believe that you have been denied access to a place of business, the first thing for you to consider is what steps you should take and what order you are going to take them, so the access problem can be effectively be eliminated. Remember: whatever you decide to do, YOU MUST SAVE ALL DOCUMENTATION!

1. Identify the accessibility problem – Clearly identify what barrier(s) exists that prevents you from accessing the particular place. You can take pictures, make a written description, take measurements, etc. It is important to remember that whatever your method of documentation is, make sure that you are clear and specific. For example, if a parking space is not marked properly explain what the issue is and why this keeps you from entering the business. Take pictures of the inaccessible parking spaces.

2. Consider the solutions – Have specific details for your proposed solutions to speed up the process. When a business asks you: ‘What do you want me to do about it?’ Make sure you have an answer for them. Think about what you need in order to make the location accessible: To make a parking space into a van accessible space, stripes need to be painted clearly meeting the 132 inches minimum width. The space must also also be marked with a sign and the

inches minimum wide. The space must have an adjacent access aisle that is 60 wording and picture. (For further information contact the NW ADA Center-Idaho.)

3. Figure out who should receive your letter – Many accessibility problems deal with a private business. You can start by talking to a customer service representative at the particular site if possible. This may be a cashier or a front desk receptionist. S/he may have a contact number or address for a manager in charge of such complaints. If not, then you should contact the senior manager at the company.

4. Be persistent – In your initial written contact, make sure that you include a date by which you expect a response (see sample letter.) If you do not hear back from the person whom you originally contacted, try sending a second letter. If he or she continues to refuse to speak to you, then you may eventually have to move on to filing a complaint, but you should consider filing a complaint only as a last resort.

5. Always be polite, firm not angry—stay calm – Although you may feel anger or frustration with people who are not being helpful, and in some cases being unhelpful, it is extremely important that you stay calm. If you give the business some reason to say that you are being unreasonable, they probably will be unreasonable, despite the fact that you are making a very reasonable request.
Starting Dialogue for Change (cont)

How to Communicate Your Issue
The following template and sample letter will help you discuss your issue with the business.

Letter Template
• Your Name
• Your Address
• Your City, State Zip Code
• Date
• Name of Contact Person Title, if available
• Business Name
• Street Address
• City, State Zip Code

Dear (Contact Person):

On (date), I visited (name of place) at (location including address). Unfortunately, I was unable to access your business because (name the barrier(s) you encountered and explain the situation in which you encountered them).

I believe that these problems need to be addressed in the following way:
(Explain what exactly needs to be done for them to remedy the situation.)

If you would like more information about the Americans with Disabilities Act Requirements please contact the Northwest ADA Center-Idaho at 208-841-9422 or by email: dananwadacenteridaho@gmail.com.

Thank you for your attention to this matter. I look forward to your prompt response by (2 weeks from the date you send the letter), and to improved access to your facility.

Sincerely,
Your Name

6. **Keep all documentation** – This really does mean ALL documentation however trivial it may seem at the time. If your complaint ends up requiring legal action, an enforcement agency will need as much information as you can give them, every piece of correspondence, business cards, tickets, receipts, records of phone conversations, names of people, etc. We suggest that you keep either a file or a small box in which you can store everything.

7. **Who Are You Going to Call?** At anytime you are not sure what to do or you cannot reach a resolution with the people you have been communicating with, contact the Northwest ADA Center-Idaho and we will listen to you and advise you.

Northwest ADA Center-Idaho at 208-841-9422 or email dananwadacenteridaho@gmail.com

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**For more information about ADA Technical Assistance visit the NW ADA Center Idaho website:**  nwadacenter.org/idaho
No nursing home for me! I'll be checking into a ‘Holiday Inn’!

With the average cost for a nursing home at $188 per day, there is a better way when we get old and feeble. I’ve already checked on reservations at the Holiday Inn. For a combined long-term stay discount and senior discount, it’s $59.23 per night. Breakfast is included, and some have happy hours in the afternoon.

That leaves $128.77 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities and special TV movies.

Plus they provide a spa, swimming pool, a workout room, a lounge and washer-dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap. $5 worth of tips a day and you’ll have the entire staff scrambling to help you.

They treat you like a customer, not a patient. There’s a city bus stop out front, and seniors ride free. The accessible bus will also pick you up (if you fake a decent limp;).

To meet other nice people, call a church bus on Sundays. For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there. While you’re at the airport, fly somewhere. Otherwise, the cash keeps building up.

It takes months to get into decent nursing homes. Holiday Inn will take your reservation today. And you’re not stuck in one place forever – you can move from Inn to Inn or even from city to city. Want to see Hawaii? They have a Holiday Inn there too. TV broken? Light bulbs need changing? Need a mattress replaced? No problem…they fix everything and apologize for the inconvenience.

The Inn has a night security person and daily room service. The maid checks every day to see if you need anything. They can even call an ambulance…..or the undertaker.

And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini-vacation. And the grandkids can use the pool. What more could you ask for?

So when I reach that golden age, I’ll face it with a grin.

AIDS WARNING!

To all who approach 50 or have reached 50 and past – senior citizens are the nation’s leading carriers of AIDS!

- Hearing Aids
- Band Aids
- Roll Aids
- Walking Aids
- Medical Aids
- Government Aids

And most of all, monetary aid to their kids!

Not forgetting HIV (Hair is Vanishing)

Remember, Life is like a hot bath. The longer you stay in it, the more wrinkled you become!
Technology for Independent Living

uControll Door Opener

This remote controlled device enables you to regain or maintain your independence. If you use a walker, wheelchair or crutches, don’t risk backing up and possibly falling. Operate any interior door remotely with the handheld controller. It easily attaches to any door with unique “no tools” application. Any interior door can be opened to any degree. Doors can still be operated manually at any time. Controls up to 6 interior doors with one remote. Comes with rechargeable battery that lasts up to 3 weeks on a single charge. Units can also be operated on an 110VAC with the small profile AC charger. Soft durometer, and has non-marking wheel that works on any surface. Can be simply removed without leaving marks on the door. Rental options available.

$229.00
www.homesafetycomfort.com

Knob Turner in your Car

The Universal Knob Turner is a gripping aid for people with arthritis and are unable to tightly grip and turn control knobs on ovens, dishwashers, microwaves and other appliances. Keep one in the car for removing stubborn gas caps!

The aid has an angled handle that allows the user to use both hands for additional leverage. When the handle is pushed against the know, the plastic pins retract to provide a firm grip.

$14.95
Arthritissupplies.com
Written two years ago, Renata’s Street intends to infuse children with positive attitudes that afford them insight into disabilities as a normal part of life. It allows them to realize it is the surroundings, rather than the disability itself, that keeps this group of people from integrating into society.


The Fairmore Foundation’s lesson plan on disability inclusion for children in grades K-8 is available through the app. These representations of disability will both uplift disabled children who tune in and introduce others to images of disability that encourage understanding and support for their peers.


Learn to Read, Write and Spell is help for kids to learn how to read English and spell simple words. Targeted for kids Age 3 and above it is especially targeted for kids with learning disabilities like Dyslexia, ADHA, Dysgraphia, and Dyscalculia. A good investment to help enable their kids to study in a fun way.


Not Broken Radio was initiated to have open and honest discussion about mental health and disabilities. They want to instill a sense of pride in those struggling, embrace themselves with their challenges, and find the right tools and learn to use them as a source of strength and personal power.

https://play.google.com/store/apps/details?id=com.conduit.app_c526ead6c12415f9a965d20976b8

Accessibility Scanner is a tool that suggests accessibility improvements for apps without requiring technical skills. Open the app you want to scan, tap the button and find items that might benefit from improvements. You can even make the changes yourself.

Hello SMART phone fans, Tis I…. One Armed Bandit…. burning up the keyboard, hailing from the main office of DAC deep in the heart of Moscow Idaho. For the last few days I been surfing the web looking for apps that will aid individuals with disabilities. After pouring over thousands of apps, to my amazement, I found a variety of apps available. From information on what Social Security is to Dating with a disability. Without any further ado, lets dig in and have a look see at what I discovered. Where to begin???? Well I guess this is a good place. We’ll start with the app that describe Social Security.

The Social Security app; tells about the Social Security history, defines what is considered to be a disability, talks about primary insurance amount and has a benefit calculator, benefits, retirement age, and taxes on the benefits. The next step of this process is applying for disability benefits. Don’t worry…there’s an app for that!

How to Apply for Disability app explains how to file a claim, what to expect, speaks about Social Security, benefits, five fears, questions you should ask and more. Should you choose to apply for benefits yourself you may encounter bumps along the way. You’ll need some legal advice....

Which brings us to Disability Attorney. This app puts you in touch with disability lawyers to help address your legal concerns. It also helps with appointment requests, records questions that you may have for future meetings with an attorney and gives you GPS directions to their office.

Disabled veterans don’t feel left out! There are apps out there for you guys as well. VetCalc helps you understand how the Department of Veterans Affairs calculates disability percentages pursuant to the Combined Ratings Table and how they calculate your monthly disability benefit payment using the Veterans Affairs Compensation Benefits Rate Table.

The ADA Reference app is what its title says. It lists everything from regulations to definitions on important topics like employment or public services among many others. Another cool feature is it is in off-line format so you can read it where ever your at. SWEET!!! Be cautious, since info may be older than 2010 updates.

To change gears a little bit. If something happens to where you need help with either a first responder or your neighbor because of an accident, there are some neat apps for that as well.

The Disability Card is a simple app that allows the individual that is helping you know who you are, what disability you have, what the symptoms are, and an advocates phone number.

To go along with the previous app the Pain Rating Scales helps convey the amount of pain you are in. Either you or another can evaluate the pain level through features like horizontal and vertical Numerical Rating Scale, Numerical 11 Point Box Scale, Color Analogue Scale, Faces Rating Scale, Chronic Pain Grade Scale, or you can use the Roland-Morris Disability Questionnaire.
There’s an App for That (cont)

To round off this area let’s look at the Red Panic Button app. If you are around your home or taking in the scenery and get into trouble, this app can send a panic message with your location to friends, family members or authorities. Ooooooh, you can almost feel the LOVE, can’t you? I know I feel all warm and fuzzy inside!

Let us finish up this little rendezvous of app enlightenment with the apps we all have been waiting for.

Disabled Dating app is not only for the disabled but for everyone who would like to join. So if your feeling lonely, bored out of your skull and want something to do or just want to meet people that have a better chance of understanding you, this might be what your looking for.

Disability Talk app helps you become educated in the disability arena through the means of various disability topics and gives you the ability to network with others using the app.

A Blind Legend is a game for the blind. No kidding! I myself didn’t know anything like this existed! Kudos to the developers of this intriguing game! You’re the famous blind knight Edward Blake and go on a fantastic adventure using only your ears. That’s right! This game has no video only audio with a gripping 3D soundscape and of coarse you use the touch screen of your phone like a joystick. So for all you game lovers don the headphones, stretch your thumbs and let the adventure begin!

That’s all I have for you today, I hope you enjoyed your journey with me through the ever-growing app world and I hope you learned something new, I know I did! What I shared with you in this article only scrapes the tip of the iceberg when it comes to apps. What I’m trying to say is there are duplicates, quadruplets maybe even octuplicates on one subject so, if you don’t like one try another. I also noticed that some apps cost money while others are free, you might want to keep that in mind as well.

As always take care and remember…..There’s An App For That!

WARNING: This article is not for promoting any certain app. I have not downloaded nor have I tried any of these apps that are in this article. Always read the reviews about the apps you are interested in and always check for viruses.

Windows Development Center says designing inclusive software results in improved usability and customer satisfaction with apps. On their website you can learn quick tips to make your app more accessible through color and contrast, programmatic access and keyboard navigation. With their training videos you can learn main design principles for making apps accessible.
TIDBITS!

QUOTES TO MAKE YOU THINK!

“Growing up in a group home, and with an undiagnosed learning disability to boot, the odds of success were not on my side. But when I joined the high school football team, I learned the value of discipline, focus, persistence, and teamwork - all skills that have proven vital to my career as a C.E.O. and social entrepreneur.”

- Darell Hammond

Durable Medical Goods Donations

Please call an office near you to make donations of durable medical items you no longer use or see if we have something you may need!

James Pickard in Moscow at 208-88-0523
Valerie Johnson in Idaho Falls at 208-529-8610
Todd Wilder in Boise 208-336-3335

Accessible Campgrounds

WhenWeRV.com has a website that lists accessible campgrounds and RV parks in North America. Information on public facilities like showers and restrooms that are wheelchair accessible. You can access it and browse the places to stay by entering a destination. Then to find the best amenities for you, fill in the search criteria that is important to you. You don’t need to fill out the entire form. You can select things like Pet Friendly, Wheelchair Accessible, Family Friendly, and more. Our search turned up Weiser River Trail RV Park located in Idaho.

Or you can search accessible Bed and Breakfasts! These inns have at least one room that is accessible by wheelchairs. Our search turned up The High Country Inn in Orofino. Happy travels!

Whenwebedandbreakfast.com
# CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone Numbers</th>
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<tr>
<td>640 Pershing Ave Ste 7</td>
<td>(208) 232-2747 VOICE/TDD (208) 232-2754 FAX (800) 631-2747</td>
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<tr>
<td>Pocatello ID 83204</td>
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<tr>
<td>570 W. Pacific</td>
<td>(208) 785-9648 VOICE (208) 785-2398 FAX</td>
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<td>Blackfoot ID 83221</td>
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<tr>
<td>250 S. Skyline</td>
<td>(208) 529-8610 VOICE (208) 529-6804 FAX</td>
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<td>Idaho Falls ID 83402</td>
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<tr>
<td>2311 Park Ave. Ste 7</td>
<td>(208) 678-7705 VOICE (208) 678-7771 FAX</td>
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<td>Burley ID 83318</td>
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<tr>
<td>3726 E Mullan Ave</td>
<td>(208) 664-9896 VOICE-TDD (208) 666-1362 FAX (800) 854-9500</td>
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<td>Post Falls ID 83854</td>
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<tr>
<td>330 5th Street</td>
<td>(208) 746-9033 VOICE-TDD (208) 746-1004 FAX (888) 746-9033</td>
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<tr>
<td>Lewiston ID 83501</td>
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<tr>
<td>505 North Main Street</td>
<td>(208) 883-0523 VOICE-TDD (208) 883-0524 FAX (800) 475-0070</td>
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<tr>
<td>Moscow ID 83843</td>
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<tr>
<td>1182 Eastland Drive North</td>
<td>(208) 733-1712 VOICE (208) 733-7711 TDD</td>
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<tr>
<td>Suite C</td>
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<tr>
<td>Twin Falls ID 83301</td>
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<tr>
<td>1878 West Overland Road</td>
<td>(208) 336-3335 VOICE (208) 384-5037 FAX</td>
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<td>Boise ID 83705</td>
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<tr>
<td>4110 Eaton Avenue</td>
<td>(208) 454-5511 VOICE (208) 454-5515 FAX</td>
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<td>Caldwell ID 83605</td>
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