You can have a service animal vest made from your military uniform? No extra charge! PetJoyOnline.com makes service dog products used by organizations around the world. They make all their gear in Ohio, USA, and it’s the stuff the other guy’s copy. Custom embroidery and personalization is no problem.
LOCAL EVENTS
Please Join Us!

September 5 – Coug Sync Connect Fair
Pullman, WA
Glenn Terrell Mall, 11:00 am – 2:00 pm

September 13 – ICBVI Open House
Lewiston, ID
State Building, 3rd Floor 11:00 am – 4:00 pm

September 14 – ICBVI Open House
Moscow, ID
Goodwill Building, 11:00 am – 4:00 pm

September 15 - Treating Chronic Pain
Lewiston, ID
St Joseph Medical Center 8:00 am - 4:00 pm

September 20 – Trauma Informed Care
Walla Walla, WA
Walla Walla Community College, 5:00 – 7:30 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
From the Editor

We can do more together

Today, non-profits face an ever-shrinking revenue stream. The way I see it that can result in two completely different ways of thinking. Not wanting to work with a similar non-profit because you don’t want to compete for that revenue or give away your secrets for success, etc. Or you can recognize when your mission is the same and work together to make social change. Wouldn’t it be nice if the problems your non-profit worked on were solved and you were out of a job?

We have seen that kind of collaboration work here at DAC NW. After a successful partnership with Palouse Habitat for Humanity on our ramp project, we are now partnering with Kenworthy Performing Arts Centre to raise funds for a portable accessible stage lift.

Each nonprofit has its own unique “sphere of influence.” Any nonprofit, no matter how successful can only communicate with a finite number of people. But when that same nonprofit collaborates with another entity, their two spheres of influence combined can expand their ability to advance their shared goals and their individual missions. So while these partnerships require time, energy, and usually a financial cost, the upside can be enormously positive for moving an agenda forward, mobilizing stakeholders, or simply increasing a nonprofit’s ability to influence a greater number of people.

And grant makers frequently encourage non-profits to collaborate, and understanding administrative costs and overhead can help you utilize funding for partnering non-profits in an economical way.

I don’t think there is a single formula for partnering with another non-profit. You could choose to work collaboratively for a wide range of reasons, but mostly to be more efficient, increase effectiveness or drive broader social and systems change. You can enhance your programs and give broader reach, both without increasing your budget.

After we defining the shared goal with both of these partners, a sense of trust has to be built. You have to share both power and responsibility, take risks in front of your peers, and be honest about expected outcomes and sharing the credit. It can be reduced to “forming, storming, norming and performing”. Forming the partnership and team to define the scope of the project. Storming can represent the difficulty in working together when participants have different opinions. But it can also refer to the initial planning stage when you brainstorm all the different ideas. Here, more heads are better than one! Norming is when the partnership enters the smooth sailing phase, goals are being reached that are beneficial to both missions and the performing means that future cooperation can be anticipated.

Our partnership with the Kenworthy will ultimately make our communities more accessible. And in the process, we have having fun together, reaching new audiences, and expanding our effectiveness. Be sure to come out for the launch of this collaboration on October 2nd for a Zombie Fest held at the theater. Doors open at 6:30 for you to meet our zombies with disabilities, get yourself made up into a zombie, and watch a fun zombie film, Fido.

And who doesn’t love a good zombie?

To contribute an article or comment on an article, please contact:
vicki@dacnw.org
Youth Transition and Career Mentoring Day

Life is full of transitions, and one of the more remarkable ones occur when we get ready to leave high school and go out in the world as young adults. Ideally everyone during these transition years acquires knowledge and skills to maximize their independence and self-sufficiency in their communities. From a federal perspective it is defined as: “our national policy of ensuring equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities.”

But when a student has a disability, it is critical that they plan ahead and learn to identify themselves with pride as individuals and members of the very accomplished disability community. This process may involve accessing educational and employment opportunities including career and technical education, obtaining employment related services and supports, finding stable housing, acquiring health insurance coverage, transitioning from pediatric to adult health care, acquiring daily living skills, financial aid and other services to assist in future planning and development towards adulthood.

Youth transition services should be personally defined by the individual – not the agency. Research shows that increased youth engagement leads to positive outcomes.

Sometimes they just need help to be aware of their options and be able to make informed choices. Other things to think about are civil rights, community life, emergency preparedness, available assistive technology, and access to health care. The Affordable Care Act expanded access for youth with disabilities. This is critical as most have a pre-existing condition, frequently change or hold only part-time jobs. And expansion of access to Medicaid can help youth transition to adulthood with chronic health care needs.

Career Mentoring Day is another opportunity for transitioning youth with disabilities to test-drive their dream job. Held November 9th in Moscow, Idaho. This full day includes an orientation breakfast, and an opportunity to job shadow the career of their choice. No one makes these decisions for them, their choices are only limited to what businesses are in the area (for instance, being an astronaut would be a tough career choice to fill). The afternoon is rounded out with workshops covering resume building, mock interviews and guest speakers. Not only does this event help the students, but it also helps dispel fears about hiring people with disabilities in the local business community.

Moscow, Idaho’s Career Mentoring Day will be held November 9th.
It is important to know that Service Dogs and Therapy Dogs are vastly different and the terms “Service Dog” and “Therapy Dog” should NOT be interchanged with one another. Federal Law states that a Service Animal is NOT a pet. According to the Americans with Disabilities Act of 1990 (ADA), a service animal is any animal that has been individually trained to provide assistance or perform tasks for the benefit of a person with a physical or mental disability which substantially limits one or more major life functions. Additionally, many states have their own laws which follow up on the federal law in more detail.

A Therapy Dog refers to a dog trained to provide affection and comfort to people in hospitals, retirement homes, nursing homes, mental institutions, schools, and stressful situations such as disaster areas. Therapy Dogs provide animal contact to numerous individuals who may, or may not, have disabilities. A Therapy Animal works in animal-assisted activities and animal-assisted therapy. It is usually the personal pet of its handler, and typically works with its handler in attendance during sessions.

The handlers of therapy dogs do NOT have the same rights as the handler of a service dog. It is the disabled handler that has rights under the ADA, not the dog.

This is only a partial list of Service Animals and is not intended to be all-inclusive:

**Guide Dog or Seeing Eye Dog** - This Service Animal would assist an individual that has vision loss; either fully or partially. Dog will assist with daily activities and be trained specifically to handler's needs including, but not limited to: crossing streets, navigating halls and stairs locating transit boarding locations.

**Mobility Dog** - This Service Dog may retrieve items, open doors or even push buttons for its handler. Also, this Service Animal may assist people with disabilities with walking, balance and transferring from place to place. This dog may also be trained to pull wheelchairs and assist the handler in getting in and out of a chair.

**Hearing Alert Dog** - This Service Dog will alert its handler with a hearing loss to sounds. A dog like this may also be specifically be trained to alert it’s owner of people approaching that are out of the view of the individual.

**Seizure Alert Dog/Seizure Response Dog** - Also known as Medical Alert Dog, this Service Dog alerts to oncoming seizures and is trained to respond to seizures such as "Get Help" or stay with the person until help arrives. These dogs are amazing and sometimes pick up on changes within the body with no training at all. We've heard numerous life-saving stories of this type of service dog.

**Medical Alert Dog/Medical Response Dog** - This Service Dog is trained to alert to oncoming medical conditions, such as heart attack, stroke, diabetes, epilepsy, panic attack, anxiety attack and even post-traumatic stress disorder.

**Autism Service Dog** - This Service Dog can alert its handler of certain behaviors so that the handler may keep these behaviors to a minimum.

**PTSD Service Dog** - these dogs are commonly used for post-war handlers, but are certainly not limited to only veterans. Abuse victims and others suffering from PTSD find help and relief by the use of a PTSD service dog. These dogs can be trained to perform many tasks including, but not limited to, waking an individual from a trauma-related nightmare.

For more information about ADA Technical Assistance and service animals visit the NW ADA Center Idaho website: nwadacenter.org/Idaho

**Dana Gover, MPA, and ACTCP Certification, ADA Training and Technical Assistance Coordinator**

Email: dananwadacenteridaho@gmail.com
Phone: Voice and Text 208-841-9422
Idaho Relay Service: 711 Website: http://dbtacnorthwest.org/Idaho
What do showering, brushing your teeth, and “visiting the porcelain throne” have to do with energy levels and community participation? More than you think, especially for people with mobility impairments,

RTC: Rural of University of Montana is researching these impacts. They are looking at the accessibility of the participants bathrooms and the entrances to their homes. Surprisingly, 56% live in homes with inaccessible bathrooms and 57% live in homes with a stepped entrance. This is troubling since the need for affordable, accessible housing is only going to increase with an aging American population. The American Time Use Survey found that people with mobility impairments bathe less often, and when they do they expend more energy doing so. RTC plans to build on this information by investigating whether expending that much energy on bathing affects their choices to be active at home and in the community.

One metaphor to explain this is the cell phone theory, which compares the amount of energy a person has to the battery life of a cell phone. Some cell phones have fully functional batteries, but others have batteries that no longer hold a full charge, which requires the user to make decisions about how to spend that limited battery power. Do they use the phone minimally to save power only for important phone calls, or do they start taking a lot of pictures and posting on the internet, which will use up their battery in a couple hours? Essentially, a person has a limited amount of energy each day, and if they use up a big percentage of that energy on bathing they then have less energy for other things, leaving their battery drained.

They will compare strategies of either installing assistive bathroom equipment reducing effort needed to bathe, or provide regular physical exercise increasing a person’s energy level.

Then they want to look at what people choose to do with that extra battery life. Will they spend it participating in their communities? Forty five people have participated in one of the two interventions. Over the next two years, the researchers aim to collect 600 surveys and have 160 people participate in the interventions.

About 25% of the U.S. population, live in a household with at least one person with a disability. While this includes all impairment types, not just mobility difficulty, this is still a significant portion of the American population. Many of those (40 million) are people without disabilities themselves but live in households with at least one person with a disability. Homes that are more accessible will not only improve the quality of life for the person with the mobility impairment, it can also reduce the amount of caretaking responsibility assumed by other household members.

And, if it requires less energy or exertion to perform daily activities, like bathing, will people with disabilities—and their caregivers—have more energy for community participation, such as employment?
The in-home care industry is struggling to find employees to provide care to people throughout the region. But where else can you find a job with just a genuine desire to help others and absolutely no experience? By providing proper training you can give new employees enough skills and confidence to be a successful caregiver. And on-going training can help existing staff feel challenged instead of stagnant and bored.

Adult learners are not the same as students in a school setting. The practice of rote training, which involves mechanical, unthinking repetition, is of little or no value to today’s adult learner. Similarly, a trial-and-error approach is not acceptable in the home care industry; your customer’s safety is an absolute must. Methods such as mentoring, where a newly hired caregiver shadows a fellow caregiver, may not work when the customer is doing the training. They don’t provide consistent results and require more people to do the job. You need an effective way to provide continuing education to the staff.

Adults have different learning requirements so education directed to adults should be designed to reflect those unique requirements. Researchers have found that learning new things over multiple periods of time with breaks in between is more effective than an all-at-once approach. Break up the content into smaller chunks, interspersed with practical application when possible.

Another characteristic of an adult learner is self-motivation. Adult learners recognize the need to acquire relevant and adequate knowledge to be successful in their jobs. Your challenge is to match their assigned responsibilities to their learning objectives. Making this important connection gives employees extra motivation to find ways to use this knowledge in practice.

As adult learners, they assume responsibility for their choices and their contribution to the process. Collaboration is important, involve the customers and the care providers in finding out what they need to learn.

By providing education and training opportunities you are providing a work environment where there is room to learn and grow. Engaged, well-trained employees are happy employees and they make great advocates for your personal assistant service. Odds are, such happy employees will want to continue to succeed because you recognize, support and reward their efforts and successes!
Hands Free Leash

Wiredog’s new hands-free dog leash system is named after a “come along”, a tool used to move and pull things that might otherwise be difficult to move. Sometimes that difficult thing may be a person ;) This hands free dog leash is your dog’s tool to pull you, drag you and move you to a more active lifestyle. It is proven those who exercise with their dogs have a stronger bond and are happier and healthier individuals. Perfect for joggers, professional dog walkers or anyone with limited hand use. Includes quick release loops which float free around the belt to prevent tangling, and LED light for night walking. You can even hang a set of keys conveniently from the belt. Comes in a variety of colors and with a wide variety of accessories, such as added leashes, belt loops, etc.

$24.99 www.petjoyonline.com

Games for Both The Sighted and Blind

In Bananagrams, players race against each other to build crossword grids and use all their tiles. There’s no turn taking – it all happens at once in a race to finish. And now this game is inclusive.

Durable off-white plastic tiles measuring 3/4 “ square have bold black print. Plus, in this modified version, the tiles also have raised/tactile Braille markings, so the blind as well as those with low vision can enjoy this fast-paced game that drives everyone bananas!

And it all comes in a cute zippered banana case for $30

www.maxiaids.com
You don’t see time flying by, you feel it! Dot is the first tactile smart watch that uses active braille technology. This minimalistic white watch tells date and time, let’s you get notifications, calls and messages from your smart phone, all using tactile braille. And it opens doors to more inclusive innovations. 
https://dotincorp.com

SeTouch is over-rated! The Sesame phone is the world’s first completely touch free smartphone designed by and for people with disabilities. It is controlled by head movements and can be mounted on a wheelchair. Starting to use it is just a matter of saying Open Sesame!
https://sesame-enable.com

MotionSavvy solves communication challenges between businesses and deaf and hard of hearing customers with developments in gesture recognition. Uni is a dedicated tablet that enables two-way communication using motion detecting cameras and recognition software and translates signs into spoken words. 
http://bgr.com/2015/12/04/sign-language-translator-uni-deaf/

Be My Eyes is a free mobile app to help those who are visually impaired. After logging in it will call a sighted volunteer to provide visual assistance in real time – whether matching a color, finding a lost item, reading instructions or describing artwork, it can help! Volunteers are friendly citizens who are willing to lend their sight. 
http://bemyeyes.com/what-is-be-my-eyes/

Ava turns smartphones in a room into smart microphones, allowing the deaf/hard-of-hearing person to read the entire conversation as real-time captions – including who said what! Imagine having inclusive Thanksgiving conversations around the table that used to be a real struggle for the hard of hearing. 
https://www.ava.me/about/
Fun Tattoos

Some people show their disability pride with fun tattoos. They like the idea of wearing something they love permanently, it’s bold and inspiring. And it proves they survived an experience not everyone can handle. Nothing generic and easy here...

Putting art on their body sets it apart even further from others. Their disability is permanent, why not the art? Would you be bold enough to sport these tattoos?

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! Explain your problem to one of the well trained staff and perhaps they know the perfect item to help you.

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

TIDBITS!

QUOTES TO MAKE YOU THINK!

“Without peers to celebrate, cry, share stories with, empathize, and laugh with, life quickly becomes meaningless.” – Emily Wolinsky, one of the reluctant “Jerry’s Kids” from telethons past.
## CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

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<td>Pocatello ID 83204</td>
<td>(208) 232-2747</td>
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<td>(800) 631-2747</td>
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<td>570 W. Pacific</td>
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<td>505 North Main Street</td>
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[www.idlifel.org](http://www.idlifel.org)  
[www.dacnw.org](http://www.dacnw.org)  
[www.lincidaho.org](http://www.lincidaho.org)