An increasing number of companies are opting to try out their driverless vehicles in retirement communities on specific routes, rather than our on regular roads that are busier and faster, and present more hazards. And “Autonomous shuttles” was one of the top responses in a recent survey about desired amenities for a community. This particular demographic will benefit hugely from the technology, as losing the ability to drive due to age or disabilities reduces a persons independence, affecting their ability to stay active, go places, and meet with friends.
LOCAL EVENTS
Please Join Us!

November 6 – Swim Team Movie Event
Moscow, ID
Kenworthy Theater, 7:00 pm Doors open at 6:30

November 7 – Fair Housing Webinar
Boise, ID
10:30 am – 12:00 noon

November 9 – Career Mentoring Day
Moscow, ID
Fairfield Inn and Suites, 8:30 am – 3:00 pm

November 17 - Career Mentoring Day
Lewiston, WA
VFW Hall  8:30 am - 3:00 pm

November 28 – Compassionate Communities
Boise, ID
BSU SUB, 8:30 am – 5:00 pm

SAVE THE DATE
International Day of Persons with a Disability
Open House December 6th, Post Falls & Lewiston
Disability Action Center NW

ON GOING MONTHLY MEETINGS

CDA Advocacy Committee Meeting – 2nd Thursday
4:30 pm DAC Office, 3726 Mullan j 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

Importance of Workplace Accommodations

A new study from Job Accommodation Network (JAN) shows that the benefits employers receive from making workplace accommodations far outweigh the low cost. They are able to retain valuable employees, improve productivity and morale, reduce workers comp costs, and improve company diversity, all at very little investment. 59% of these accommodations cost absolutely nothing to make, and the rest average a cost of $500.

A typical situation might be allowing an employee experiencing post-traumatic stress disorder to bring a service animal to work. Zero cost, and job performance and attendance improved. (And who doesn’t like a service animal at work;)

Another might be a mechanic who uses hearing aids but still has trouble communicating with co-workers and attending trainings because of hearing loss. The employer provided TTY software and a mini-iPad. This increased is ability to communicate with his co-workers and the public for the low cost of $300.

I am glad to work for a company that does everything it can to make accommodations for each individual. Like providing a sit/stand workstation for an employee with chronic pain.

I have had to play the accommodation card myself. When I was caring for my mother last year, I was able to work from home whenever I was unable to have an assistant come in to be with my mother. This required a laptop computer, and I think it worked out very well. Now it helps me stay productive if I stay home with a sick child.

In a previous job, it was a choice of accommodation or leaving the job. I sustained a herniated disc in my neck from the repeated movement of bending my head over a dental chair. Physical therapy and a changing work environment meant I could return to work and prevent the same injuries from happening to my co-workers. It was as simple as providing easy roll mats, new rolling stools and articulated head rests.

A good employee should be retained and the work environment should be comfortable to help them be productive.

Now, if I can just get the cereal bar installed in the break room, it will all be good!

To contribute an article or comment on an article, please contact: vicki@dacnw.org
DAC NW CREATES AUTISM AWARENESS EVENT

The best way to effect change in a community is to come together. And that’s what DAC NW is doing, partly to help fundraise for a new accessible stage lift for the Kenworthy Performing Arts Centre and the community and partly because by coming together we can raise awareness about the importance of inclusion.

What would you do if your community gave up on your child? In New Jersey, the parents of one autistic boy take matters in their own hands. They form a competitive swim team, recruiting diverse autistic teens and training them with high expectations and zero pity. The documentary “Swim Team” chronicles the extraordinary rise of the Jersey Hammerheads, capturing a moving quest for inclusion, independence and a life that feels like winning.

DAC is partnering with local organizations that have something to offer people on the autism spectrum. An informative pre-film presentation will be given. There will be a special meet and greet with puppies in training from Autism Anchoring Dogs and Canine Companions for Independence. Palouse Area Therapeutic Horsemanship (PATH), a community outreach program of the College of Veterinary Medicine at Washington State University and a United Way Agency will present a short slide show on the horseback riding lessons they offer for children & adults with a wide variety of disabilities. Families Together will present information on their services and support they provide for families with children on the autism spectrum and other disabilities. The Green Apple Project will have information available about the outreach activities they provide for family involvement and support, as well as Health Aides Made Easy which sells clothing designed with specific autism needs in mind.

Michele Stedman, a resident of Lewiston, will be speaking about her personal experience living with autism. She has published a book on her experiences to help people understand that autism is just a different way of experiencing the world.

Doors open at 6:30 pm and the program starts at 7:00 pm. The film is free but donations are welcome! The Kenworthy Theatre is located at 508 South Main Street in Moscow. Come on out to support “Life Happens on a Stage” and make our community more accessible.
Disabled Providing Input for Roller Coasters

By Michelle Porter

I was asked to look at a roller coaster ride to see how best to make it accessible. As a person who uses a chair, it is always great to have input BEFORE something is built rather than approach them later with the barrier it presents. And since I used to LOVE roller coasters, this was exciting to participate in. (Note: I don’t really like them anymore, but I can still help!)

They were specifically looking for input on getting on the roller coaster. The coaster is being built in Ohio. I first gave them information on what it’s like for a para to ride a coaster, such as a person’s legs will need to be secured in so they won’t swing around during the ride. Then we began to look at options for boarding.

At first they had a metal piece in between the persons wheelchair and the ride. The metal is needed for safety. They had steps on the platform (which is absurd!). So after some demonstrations we helped them determine they need to ditch the steps. And the metal piece needs to tip down on hinges so it’s completely out of the way. That way the chair can be much closer to the seat for easy transfer. We discussed making these bars lock into place so a person can use the bar as a handle to transfer. The seats will be SUPER cushiony to take the pressure off the back and bootie.

This coaster is predicted to reach 75 mph, possibly the fastest coaster yet!

BEFORE: with piece between chair and ride

AFTER: without the metal piece
“Knowledge is a commodity to be shared. For knowledge to pay dividends, it should not remain the monopoly of the selected few.” by Moutasem Algharati

The ADA National Network is the “go to” resource for information, guidance, and training on the ADA and its implementation. Your regional NW ADA Center is not an enforcement or regulatory agency, but rather a helpful resource. Frequently used resources, videos, trainings and checklists can assist you in understanding the ADA regulations, self-evaluation and transition plan process.

➢ ADA Coordinators Certification Training Program (ACTCP). A Certification program designed to meet the training and professional needs of ADA Coordinators. Link to website: http://www.adacoordinator.org

➢ The Online ADA Title II Tutorial is an online training program designed to provide basic principles and core concepts on Title II of the ADA. Link to tutorial: http://www.adatitle2.org

➢ Online Learning — Great Lakes ADA Center http://adagreatlakes.com/ProgramsAndServices/Trainings/OnlineLearning/

➢ The ADA Basic Building Blocks is an online training program designed to increase knowledge and understanding of the basic principles and core concepts in the ADA and the ADA Amendments Act of 2008 (ADAAA). Link to training: http://www.adabasics.org

➢ Online Learning – Great Lakes ADA Center you may have to register for the different training categories http://adagreatlakes.com/ProgramsAndServices/Trainings/OnlineLearning/

➢ Accessibility Online Training on the Architectural Barriers Act (ABA) and Americans with Disabilities Act (ADA). Training is available on accessibility, electronic and information technology. Link to training: http://www.accessibilityonline.org/Schedule/

Idaho Resource Guide and Companion Checklists


➢ General Effective Communication Checklist found in the Title II Toolkit. Link to checklist: http://www/adagov/pcatoolkit/chap3chklist.htm

➢ Accessible Website WebAIM, Introduction to Web Accessibility. Link to checklist: http://webaim.org/intro/

➢ Emergency Management Procedures Checklist is designed for use as a preliminary assessment of your emergency management programs, policies, procedures, and shelter facilities. Link to the checklist: http://www/adagov/pcatoolkit/chap7emergencymgmtadd1.htm

➢ ADA Best Practices Tool Kit for State and Local Governments. This tool kit is very useful and provides examples on how state and local government can comply with Title II. Please note the tool kit has not been updated to include the 2010 ADA Standards of Accessible Design. Link to Tool Kit http://www.adagov/pcatoolkit/toolkitmain.htm

For more information about ADA Technical Assistance visit the NW ADA Center Idaho website: nwadacenter.org/idaho
Frequently Used ADA Resources (con’t)

➢ ADA Resources | ADA Anniversary Tool Kit
https://www.adaanniversary.org/resources
➢ U.S. Department of Labor -- ODEP - Office of Disability Employment Policy - Disability Resources
https://www.dol.gov/odep/topics/disability.htm

Facility Checklists and Resources to Identify Architectural Barriers

➢ To review your buildings and facilities utilize the ADA Checklist based on the 2010 ADA Standards for Accessible Design. Link to checklist: http://adachecklist.org
➢ The 2010 ADA Standards can be found at the following web link:
http://www.ada.gov/2010ADAstandards_index.htm
➢ Northwest ADA Center Accessibility Checklists
http://nwadacenter.org/toolkit/accessibility-checklists
➢ Fact and Guidance Sheets from Northwest ADA Center http://nwadacenter.org/fact-and-guidance-sheets-northwest-ada-center
➢ Calculators to help identify the number for certain elements in the ADA: Accessible Boat Slips Calculator, Accessible Parking Spaces Calculator, Check-Out Aisles Calculator, Detention Facilities and Correctional Facilities Calculator, Ground Level Play Components Required to be on Accessible Routes Calculator, Receivers for Assistive Listening Systems Calculator, Self-Service Storage Facilities Calculator, Transient Lodging Guest Rooms with Communication Features, Transient Lodging Guest Rooms with Mobility Features Calculator, Wheelchair Spaces in Assembly Areas Calculator:
http://nwadacenter.org/calculators

Resources on Disability Awareness and Etiquette

➢ Disability Etiquette Respectful Interactions Factsheet: People First Language Publication:
➢ Parking as an Employment Accommodation Factsheet:
➢ YouTube Videos Respectful Interaction Series: Northwest ADA Center Introduction to Respectful Interactions:
https://www.youtube.com/watch?v=5F5QAkQlGbY
➢ People Who are Blind: Check out this video on YouTube: https://youtu.be/U8C8LHiHB4E
➢ People Who Have Speech Disabilities:
https://www.youtube.com/watch?v=kt2rV9AvCs
➢ People Who Use Wheelchair:
https://www.youtube.com/watch?v=Bxcd3rPr58k
➢ People Who Are Deaf or Hard of Hearing:
https://www.youtube.com/watch?v=LDxbpBm0tGq
➢ People Who Have Non Apparent Disabilities: Check out this video on YouTube: https://youtu.be/5W9zwb1PNl8
➢ People Who Use Service Animals:
https://www.youtube.com/watch?v=yGZHK5UN3io
➢ Why do accessible parking spaces have to be level and what does 'level' mean?
https://www.youtube.com/watch?v=LasauOLi0uPA&t=5
➢ Creating Subtitles and Closed Captions on Your Youtube Videos:
https://www.youtube.com/watch?v=XJGiS83eQLK
➢ What Do You Think When You Hear the Word Disability? Free training course on disability awareness Rocky Mountain ADA Center:
http://www.rockymountainada.org/
➢ Rocky Mountain ADA Training:
http://www.rockymountainadatraining.org/login/index.php
A Brief History of Independent Living in Idaho

Background
The 1960’s saw the birth of a number of social movements. These movements included the civil rights movement, consumerism, the rise of self-help groups, the de-medicalization of disability-related services, and de-institutionalization. In the late 1960’s, these social movements inspired the independent living movement for people with disabilities, and resulted in the creation of an organization called the Center for Independent Living in Berkeley, California. During the 1970’s, similar organizations were started in other states. Now commonly referred to as CILs, centers for independent living are usually described as consumer-controlled, cross-disability, community-based, non-residential, not-for-profit organizations that provide both individualized services and systems advocacy.

**Consumer-controlled** means that people with disabilities are able to make choices and decisions, take risks, and have personal control over services and the organizations that provide those services. A majority of the Board of Directors and staff of a CIL are people with disabilities.

**Cross-disability** means that CILs provide services to people with any type of disability, and that people with any type of a disability are involved in the governance and operation of the CIL.

**Community-based** means that CIL’s are freestanding organizations located in the communities they serve, and not part of rehabilitation hospitals or state agencies.

**Non-residential** means that CILs do not own or operate residential facilities such as group homes or assisted living facilities.

In 1978, the Rehabilitation Act of 1973 was amended to fund Comprehensive Services for Independent Living, which provided grants to organizations in all states to create CILs. Usually, these federal grant funds were awarded to state agencies such as Vocational Rehabilitation, which then made grants to non-profit organizations to operate as CILs. In some cases, federal grants were made directly to non-profit organizations.

**Idaho Centers for Independent Living**
In the early 1980’s, the Idaho Division of Vocational Rehabilitation (IDVR) used federal grants to fund two CILs in Idaho: Stepping Stones, Inc. in Moscow, and Dawn Enterprises in Blackfoot. The federal government also gave a grant to the Center of Resources for Independent People in Pocatello, which brought the total of CILs in Idaho to three.

By the late 1980’s it became apparent that more CILs were needed. When additional federal funds became available, the Idaho Commission for the Blind and Visually Impaired (ICBVI) was awarded a grant to fund a new CIL. When the money became available in 1988, the Living Independence Network Corporation (LINC) was formed, and offices in both Boise and Twin Falls were opened in 1989.

The mid-1990’s witnessed the continued growth of independent living in Idaho. With input from a wide variety of individuals and disability-related
organizations, the State Independent Living Council (SILC) was formed by executive order of the Governor in 1993. As in other states, the Idaho SILC helps develop and coordinate a state plan for independent living, provides advocacy for systems change, and supports the activities and programs of the CILs in Idaho. Like the CILs, the SILC is cross-disability and consumer controlled. At about the same time, the federal grants for CILs ceased to "pass through" state agencies like IDVR and ICBVI, and the CILs in Idaho began to receive these grant funds directly.

Stepping Stones, Inc., in Moscow, which operated other programs such as group homes and transitional living apartments, decided to “spin off” the CIL part of the organization in the early 1990’s. This led to the creation of a freestanding, non-profit CIL that is now known as the Disability Action Center Northwest (DAC).

Dawn Enterprises, in Blackfoot, followed suit several years later, and the Eastern Idaho Center for Independence (EICI) was formed. Shortly thereafter, EICI in Blackfoot merged with the Center of Resources for Independent People in Pocatello to become Living Independently For Everyone (LIFE).

In order to create more opportunities for independent living in other communities, the Idaho SILC helped obtain and provide funding for DAC to open an office in Coeur d’Alene, and for LINC to start an office in Caldwell.

As of 2008, there are now three centers for independent living in Idaho, and each has several offices. LIFE has offices in Pocatello, Blackfoot, Idaho Falls, and Burley. DAC has offices in Moscow, Lewiston, and Coeur d’Alene. LINC has offices in Boise, Twin Falls, and Caldwell.

CIL Services
Although each CIL operates a little differently, based on the needs of the communities where they are located, all provide the same four core services:

- **Information and Referral** to enable people with disabilities, family members, and the community in general to understand and access services,
- **Peer Counseling** that uses the knowledge and life experiences of people with disabilities to benefit, support, and advise one another,
- **Independent Living Services** to assist people with disabilities to identify and attain their own individual independent living goals,
- **Individual and Systems Advocacy** to empower people with disabilities so they can exercise control over their lives and living situations, and to change service systems and policies to be more responsive and less discriminatory,

And as of 2015, the 5th core service:

- **Transition services** assist people with disabilities to move from institutional placement into community living, help prevent institutionalization in the first place, and assist post-secondary youth who had or were eligible for an individualized education plan (IEP) to transition into the community.

CILs also provide a wide range of community service activities, such as presentations, workshops, community initiatives, technical assistance, and resource development. They work collaboratively with many other agencies and organizations, help develop and pass legislation, and promote public
Technology for Independent Living

Bump Dots

Many common household appliances have flat panel type buttons and for a person of low vision it can be impossible to tell by feel alone where the buttons are. Bump Dots are exactly what you need to help find the start button on the microwave or dishwasher, the on button on the TV remote if you are visually impaired, or even piano keys. Use them to find the home keys on a computer keyboard. You can now operate a stove safely and independently. There are different “textures” to the dots, some are rounded, others flat. Cut the flatter squares diagonally and you have up and down arrows you can feel. A multi pack comes with a total of 80 bump dots per package. And they double as “feet” for ceramic vases! Around $16.00.

www.maxiaids.com

StopGap Mini Ramps

It’s easy to get a temporary ramp for your retail, residential or commercial location. Simply take a picture showing the entire entryway. Take two up close pictures showing a tape measure or ruler on the left AND right side of the step. Then choose a color! These lightweight plywood ramps can be brought in each night, or left out. And their bright colors get people talking about the much bigger issue of inclusivity! They make life easier for everyone, parents pushing strollers, and hand trucks for heavy packages.

www.stopgap.ca
Wheels Of Fun was founded by two families of children who use wheelchairs. Their fabric wheel covers are easy to install, machine washable and are an awesome way to express your personality and provide an individual look to you and your chair. These covers put people at ease and give everyone a safe topic of conversation. And they put smiles on faces!
http://www.allterrainmedical.com/wheelchair-spoke-guards/

Need a portable speaker? Boombox V2 turns virtually anything, a bucket, cup or box into a speaker using the latest and greatest vibration technology. Colorful, small and light, it’s powered by 2 AAA batteries so you can take it anywhere.
http://www.showtv.co.nz/boombox-v2.html

The white cane, the most commonly used assistive device for the visually impaired has changed little. But Lechal has come up with a simple solution. Insert the pods into your footwear, connect with your smart phone via their app and begin exploring the world. Like a tap on the shoulder, the gentle vibrations guide you invisibly but intuitively. No more having your head down, ears cocked as you look and listen to you phone to navigate!
http://www.lechal.com/#Home

Following in the footsteps of trendy wearable fitness bands, Glucowear is one specifically designed for diabetics. Using cutting edge, non-invasive methods for testing glucose levels in the blood, there are no more needles or painful finger pricks. The unit has a handy app for your smart device, that provides the user with real-time glucose readings and an easier way to manage their logbooks.
https://www.yankodesign.com/2016/06/06/the-future-of-diabetes-wearables/

Therapists agree, after the newness of diagnosis wears off, the goal is to further develop the individual – not concentrate on the label. Fat Brain Toys is a comprehensive resource for caregivers and parents of individuals with disabilities. They have products to boost development for things like stroke, brain injury, blindness, autism, and much more.
https://www.fatbraintoys.com/special_needs/
State Mandated Autism Insurance Helps!

Kids with autism who live in states that require insurers to cover treatment for the disorder receive better services.

Laws in 46 states vary somewhat from state to state, a new study finds these laws make a big difference.

Autism insurance mandates appeared to have the most pronounced effect on younger children, and the benefits increase with every year the requirement has been in place.

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

Quotes to Make You Think!

“I can’t swim wearing more stuff than you hang on a clothesline.” – Annette Kellermann

Annette wore leg braces as a kid and her parents signed her up for swimming lessons to help strengthen her muscles. Turns out she was a great swimmer and set multiple records at the 1902 championships of New South Wales.

In 1907 she was arrested for indecency when she wore a one-piece bathing suit. She subsequently launched her own swimwear line.
CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

640 Pershing Ave Ste 7
Pocatello ID 83204
(208) 232-2747 VOICE/TDD
(208) 232-2754 FAX
(800) 631-2747

570 W. Pacific
Blackfoot ID 83221
(208) 785-9648 VOICE
(208) 785-2398 FAX

250 S. Skyline
Idaho Falls ID 83402
(208) 529-8610 VOICE
(208) 529-8610 TDD
(208) 529-6804 FAX

2311 Park Ave. Ste 7
Burley ID 83318
(208) 678-7705 VOICE
(208) 678-7771 FAX

www.idlife.org

3726 E Mullan Ave
Post Falls ID 83854
(208) 664-9896 VOICE-TDD
(208) 666-1362 FAX
(800) 854-9500

330 5th Street
Lewiston ID 83501
(208) 746-9033 VOICE-TDD
(208) 746-1004 FAX
(888) 746-9033

505 North Main Street
Moscow ID 83843
(208) 883-0523 VOICE-TDD
(208) 883-0524 FAX
(800) 475-0070

www.dacnw.org

1182 Eastland Drive North
Suite C
Twin Falls ID 83301
(208) 733-1712 VOICE
(208) 733-7711 TDD

1878 West Overland Road
Boise ID 83705
(208) 336-3335 VOICE
(208) 336-3335 TDD
(208) 384-5037 FAX

4110 Eaton Avenue
Caldwell ID 83605
(208) 454-5511 VOICE
(208) 454-5511 TDD
(208) 454-5515 FAX

www.lincidaho.org