

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



Walk Like a Penguin!

Normally, we walk with our weight split mid-stride. Walking this way on ice forces each leg to support the body at an angle and could result in a nasty fall. So when things get cold and icy, lean forward to keep your center of gravity over your front leg. Keep your toes all pointed out. Keep your knees slightly bent and loose. Keep your hands outside of your pockets, and take short steps - think of yourself as a penguin and waddle on!

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Clearing up issues with Child Care Centers and the ADA

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GUEST EDITOR

Be prepared for emergencies with your medication

LOCAL EVENTS - Please join us!

International Day of Persons with Disabilities is December 3rd!!

January 10 - Speaker Series - Raising Kids on the Spectrum

Lewiston, ID
Lewiston Library, 7:00 pm

January 11 - Say Yes to TBS (Talking Books)

Coeur d'Alene, ID
Coeur d'Alene Library, 2:00 pm - 6:00 pm

January 18 - Medicare 101

Moscow, ID
Latah County Fairgrounds 6:00 pm - 8:00 pm

January 24 - LINC Inc. Open House

Boise, ID
LINC Office, 4:00 am - 7:00 pm

January 30 - Lunch & Learn - Time and Stress Management

Moscow, ID
Latah County Fairgrounds, Grange Building 12:00 noon - 1:00 pm

SAVE THE DATE - TOOLS FOR LIFE MARCH 5TH MOSCOW ID

LINC INC. OPEN HOUSE & ART SHOW

Thursday, January 24th
4:00 pm - 7:00 pm
Short Program begins 5:30 pm
LINC Inc, Boise Office, 1878 Overland Rd.

Join LINC, Inc, at their Open House to celebrate their re-branding. Find out about the great peer connections you can make and more about the services they provide. They will also launch an Art Show that will run through April 28th. Light Food and Beverages provided.



FROM THE EDITOR

Growing Up Around Disability

As a child, the first person I met that had a “disability” became my very best friend for years. Sure, I noticed differences (she wore a body brace) but in my mind, it was just a part of who she was. In fact, a number of years later was the first time I saw her without it, and my only thought was how cute and petite she looked.

The other girl I met with a visible disability had lost a forearm somehow or other. Things I remember most about her? Her name was April and I thought that was about the coolest name ever. And she got to have apricot nectar at school every day instead of milk (lactose intolerant, I guess.) I was sooooo jealous of that. She had a hook that she used and it certainly didn’t limit her in any way. Again, it was just a part of who she was.

We can learn a lot by how a young child views disability. Part of the culture of identifying with a disability is the label itself. Disability is perceived as something a person is ashamed of, or a weakness - that it should be fixed. And that isn’t it at all. It’s just a part of your identity, the same as wearing glasses or having curly hair.

Social media and the internet has changed how we connect with other people with disabilities. There are entire communities online where there are heated and engaging conversations about what it means to have a disability in a world that wasn’t built with that in mind.



People should feel free to proudly claim that disability. Sure there are certain components that are difficult: pain, anxiety, breathing, mobility. But would you change who you are? Being disabled is linked to your humanity, your empathy and your strength. It made you who you are today. You have a story worth telling, a road worth following, despite how society tries to tell you otherwise.

In reality, we are all just temporarily able-bodied. We move in and out of disability throughout our lifetimes. When does any of us feel “perfect”?

The number of people affected by disability is incredible. The largest minority in the United States, and the people who care for them: families, teachers, caregivers, and friends add up. We need to unify and learn to speak with one voice. If all the people connected with disability got together, we could influence legislation, funding, and all sorts of important things. Because it’s a part of all of us.

You can email me at vicki@dacnw.org

Vicki Leeper



NEWS FROM DAC NW

DAC HOSTS SERVICE ANIMAL AWARENESS EVENT NEXT MONTH

DAC NW's efforts to raise both funds for an accessible stage lift for our local Kenworthy Performing Arts Centre and to raise awareness about accessibility in the community comes together in a perfect family event. They will be hosting a free screening of the family film **"My Dog Skip"**. This film is about a shy boy who is unable to make friends in Yazoo City, Mississippi in 1942, until his parents give him a terrier puppy for his ninth birthday. The dog, which he names Skip, becomes well known and loved throughout the community and enriches the life of the boy, Willie, as he grows into manhood. This heart warming film is based on the best-selling Mississippi memoir by the late Willie Morris.

They will also be screening for the first time the short film they produced called **Service Animal Accommodation in Emergency Settings**. This informative film offers information on how service animals can help veterans with PTSD and the importance of having the dogs assist them on the job as EMT's. Many of the disabilities these veterans have are invisible and it helps to understand how they are helped by their service animal.



Information will be available on service animal fraud and the damage it can cause. A dog friendly "Meet & Greet" with service animals in training, like Autism Anchoring Dogs, will precede the film. You can learn about groups right in our area that start the training process for various types of service animals. You can even learn how to be a volunteer trainer too!

SERVICE DOG EVENT
 FEBRUARY 5TH
 6:30-9:00 PM
 KENWORTHY PERFORMING ARTS
 CENTRE
 508 S MAIN ST, MOSCOW
 FILMS START AT 7:00 PM

Helping YOU take action!

NEWS FROM



COMMONLY ASKED QUESTIONS ABOUT THE ADA AND CHILD CARE...

Q: Does the Americans with Disabilities Act (ADA) apply to child care centers?

A: Yes. Privately owned child care centers, like other public accommodations must comply with the title III of the ADA. Child care services provided by government agencies must comply with title II of the ADA. Both titles apply to a child care center's interactions with the children, parents, guardians, and potential customers that it serves.

Q: How do I decide whether a child with a disability belongs in my program?

A: Child care centers cannot just assume that a child's disabilities are too severe for the child to be successfully included into the center's child care program. The center must make an individualized assessment about whether it can meet the particular needs of the child without fundamentally altering its program. In making this assessment, the caregiver must not react to stereotypes about what children with disabilities can or cannot do, or how much assistance they may require. Instead, the caregiver should talk to the parents or guardians and any other professionals (such as educators or health care professionals) who work with the child in other contexts. Providers are often surprised at how simple it is to include children with disabilities in their mainstream programs.

Q: My insurance company says it will raise our rates if we accept children with disabilities. Do I still have to admit them into my program?

A: Yes. Higher insurance rates are not a valid reason for excluding children with disabilities from a program. The extra cost should be treated as overhead and divided equally among all paying customers.

Q: What about children whose presence is dangerous

to others? Do we have to take them too?

A: No. Children who pose a direct threat -- a substantial risk of serious harm to the health and safety of others -- do not have to be admitted into a program. The determination that a child poses a direct threat may not be based on generalizations or stereotypes about the effects of a particular disability; it must be based on an individualized assessment of the actual abilities and disabilities of the individual.

Q: Are we obligated to help children take off and put on their leg braces and provide similar types of assistance to children with mobility impairments?

A: Generally, yes. Some children with mobility impairments may need assistance in taking off and putting on leg or foot braces during the child care day. As long as doing so would not be so time consuming that other children would have to be left unattended, or so complicated that it can only be done by licensed health care professionals, it would be a reasonable modification to provide such assistance.

Q: Are there tax credits or deductions to help offset the costs associated with complying with the ADA?

A: To assist businesses in complying with the ADA, Section 44 of the IRS Code allows a tax credit for small business and Section 190 of the IRS Code allows a tax deduction for all business.

NWADACENTER.ORG/IDAHO

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ADA Training & Technical Assistance

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NEWS FROM LIFE INC.

Alzheimer's Is Accelerating Across the U.S.

By Cheryl Bond-Nelms, AARP

Degenerative brain disease and dementia are on the rise across all 50 U.S. states, according to the Alzheimer's Association. As the rate of Alzheimer's continues to escalate, more financial stress will be placed on health care programs. The trend will also increase the need for caregivers nationwide.

An estimated 5.5 million Americans are living with Alzheimer's disease, according to the Alzheimer's Association. The statistics are broken down by age and ethnicity and are listed as follows on their site.

- One in 10 people age 65 and older (10%) have Alzheimer's dementia
- Almost two-thirds of Americans with Alzheimer's are women.
- African Americans are about twice as likely to have Alzheimer's or other dementia as whites.
- Hispanics are about one and one-half times as likely to have Alzheimer's or other dementia as whites.

Another startling figure exposed is that "Someone in the U.S. develops Alzheimer's dementia every 66 seconds. The state with the highest rate of Alzheimer's is Alaska. Cases of the disease are projected to increase from 7,100 in 2017 to 11,000 by 2025 - an increase of nearly 55%.

Why are these rates so high? It's most likely



due to the projected growth of Alaska's elderly population. The older population is expected to increase and by 2025, an estimated 70,900 to 110,000 people will be 65 and over. Alaska may have the highest rate of Alzheimer's, but it also has the lowest mortality rate from the disease. For Alaska, the rate is 9.2 deaths per 100,000 people. The U.S. rate is 29 deaths per 100,000, which is more than triple the rate in Alaska.

Arizona comes in second and Florida is number 8 as expected. Both states have an older population above average with Arizona's being the largest of all states.

By comparison, Idaho is number 10 on the list with an estimated increase of nearly 38% by 2025.

The Medicaid cost of care for the disease is expected to soar to 47.8% from 2017 to 2025 in Idaho.

Living Independently For All



NEWS FROM LINC

LINC is hosting an Open House January 24th 1878 Overland Rd. Boise, ID 83705 4:00-7:00pm

A short program will begin at 5:30 pm.
Light food and beverages will be provided.

The event will also launch an Art Show that will run at the center January 24 to April 28.

This event marks a long time spend re-branding their office. Companies will at some point come to that milestone known as “the rebrand”. For LINC it comes after many years of their previous brand and making sure that their mission is clear - they empower people to be independent!

A need for company rebranding occurs when your demographic has shifted or aged leaving you with a newer audience, a different set of values, a different set of needs and expectations. As youth with disabilities start seeking independence it becomes clear early on if we are reaching them with the current brand or not.

A brand is much more than a company’s logo. It needs to be true to itself, meaningful so people take notice and care

and powerful enough to make the difference everyone hopes for. And that’s where this one came in. Our message of “giving people with disabilities *power*” didn’t come across in the previous logo.

So come by and check out our new look! And see what we are all about.



Living Independently For All

TECHNOLOGY FOR INDEPENDENT LIVING

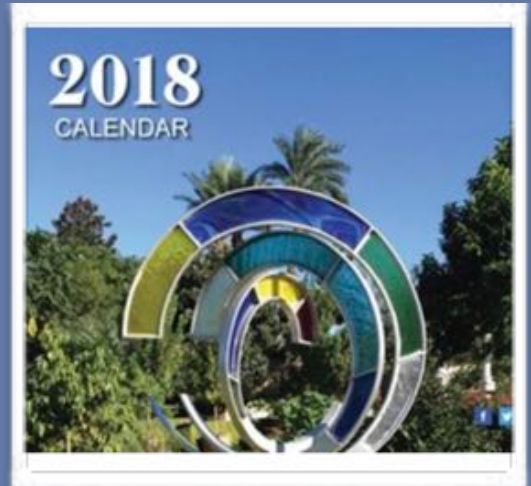
AirMini CPAP Device



The ResMed AirMini is the worlds smallest CPAP machine and is the perfect no-hassle travel partner. Weighing less than a pound and fitting in the palm of your hand it uses a small 20W power supply to further minimize the size of the travel unit. It has built-in waterless humidification for maximum comfort. When it runs there is minimal white noise sound and offers pressure relief features such as Ramp and EPR. It's compatible with the new AirTouch full face mask with memory foam cushion and has optional accessories available, including a mount system and travel bag. You can control your AirMini from any smart device with the app. Connect via Bluetooth and you can access a range of comfort settings that will help you get a restful night's sleep. It also tracks your sleep score each morning. Please note: unlike other machines which have universal hose compatibility with any mask, this one is only available in package configurations for use with specific masks.

Available from cpap.com

BRaille WALL CALENDAR



Time to get your new calendar! This brilliantly designed 13 month Braille & print calendar is perfect for everyone, whether you are sighted, visually impaired or legally blind. Every month includes the year, month, weekdays, individual days and holidays in Braille and print while leaving plenty of space for handwritten notes. Vibrant images of nature in warm and inviting colors for each month and a distinctive style and feel. Spiral bound with hole for easy hanging.

About \$15 available from
MaxiAids.com

LINKS WORTH SHARING

Preparing for Winter -by James Pickard



Winter storms won't get you down if you make a winter disaster preparedness kit for your service dog. The website [dogster.com](http://www.dogster.com) has tips for what you can do incase you are cut off from the outside world for days or even weeks. If you are without power, have the supplies on hand for your canine companion.

<http://www.dogster.com/lifestyle/dog-health-safety-winter-disaster-preparedness-kit-tips>



The American Red Cross tase tips on staying safe during a blizzard, preventing or thawing frozen pipes, finding an open shelter, and what to d if you become stranded. They even have a free emergency app!

<http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm#About>



Being informed about what to do in snowstorms and extreme cold is laid out in an easy to read Before/During/After format on this website. Covering any issue related to cold, it can help you be prepared for whatever Mother Nature throws at us this season.

<https://www.ready.gov/winter-weather>



What exactly do you need to have in your car this winter to keep you safe? Here is a complete list so a winter storm won't take you by surprise. Consider the same list for your office, and prepare farm animals and pets with the essentials they will need during a winter storm.

<http://www.nws.noaa.gov/om/winter/before.shtml>



And don't let your preparedness only apply to winter! [ready.gov](http://www.ready.gov) has a seasonal calendar to provide you with key messages and content to promote your preparedness all year long. From emergency communication plans to saving a "rainy-day" fund, there is info here for all twelve months.

<https://www.ready.gov/calendar>

DON'T BE A ZOMBIE! Be Prepared! by GinaBurnet



Emergency preparedness brings up thoughts of Katrina, Mt. St. Helen, big nasty windstorms and summertime fires of epic proportions. If we don't have family or friends involved and we see these events on TV (while counting our blessings) we tend to be lax about keeping ourselves prepared for emergencies. There are simple ways to ease into preparedness for everyday life as well as big emergencies. If you can't do it for you, do it for your loved ones (or the EMT's!)

Some questions to ask yourself:

Do you have a medical regimen? Do you have any medication that must not be stopped suddenly? Do you carry with you the name of who should be notified in case of emergency? Do you have a list of all your medications and the dosage? Will you need back up power for medical equipment or refrigeration for medication? Do you have a way to let your health condition known right away if you are unable to speak?

And here's a big one - *Think your telephone is enough? Batteries die.* Are you prepared with backup power in case of an outage?

Those of us that eschew medic alert necklaces or bracelets still need to take responsibility for ourselves. Bev, an Independent Living Advocate with the Post Falls DAC NW office came up with the idea of "dog tags". They can be like the ones our military wears, black or silver, or even brightly colored. Wear your stars and stripes! They can be round or oblong, plain or fancy. We found a website that sells one for \$7.95. Try www.dogtagsamerica.com.

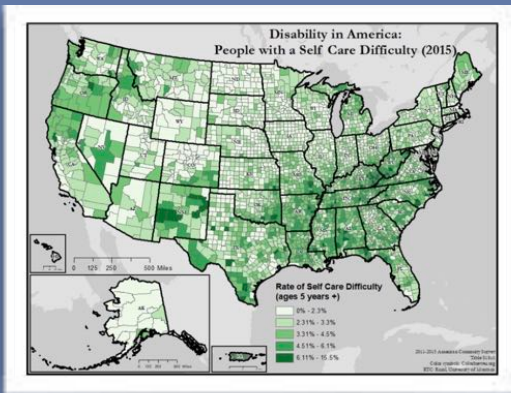
Dog tags will not identify you as having a disability if that's important to you. They can be worn discreetly under your clothes (as can medic alert necklaces) or out and proud! More than one can be worn at a time and the ones on this website have "silencers" so they don't jangle. They can also be tucked into a pocket though that increases the possibility of them getting lost.

We have to take care of ourselves. Show the world that having a disability does not mean we are helpless, dependent, useless or in any way abnormal. We own our lives and we are proud!

Small steps can lead to big rewards. If dog tags appeal to you and can be a great part of your life, go for it. If the traditional medic alert works for you, go for that. The point is to prepare yourselves for the event that we all hope never comes.

And as an added bonus it can be indicated on the tag that you have a service animal. Matching tags anyone??? Please do us all a favor, tho, and do not identify a beloved pet as a service animal. More on that in another edition!

RATES OF SELF CARE DIFFICULTY FOR DISABILITY IN AMERICA MAP



This map explores data on self-care for people with disabilities by county. For example they ask if the respondent has difficulty bathing or dressing. If they answer yes they are classified as having a self-care difficulty.

By going into the site and clicking on the county you are interested in you can gather data on how many people in the county have a disability. It can be broken down by sex, vision, hearing, mobility, and cognitive.

For anyone needing data on disability in America this is a great source. To explore the data where you are go to rtc.ruralinstitute.umt.edu/geography/

TIDBITS!

Categorically left over but no less important

Quotes to make you think!

“Though people with disabilities have become more vocal recently, we still are a very small minority. Yet the ‘Beautiful People’, the slender, fair perfect ones, form a minority that may be even smaller.” ~ Marsha Saxton



Durable Medical Goods Exchange

Please call an office near you to make donations of durable medical items you no longer use or see if there is something you may need! Explain your needs and our trained staff may know the perfect item that will help you!

James Pickard in Moscow 208-883-0523

Valerie Johnson in Idaho Falls 208-529-8610

Todd Wilder in Boise 208-336-3335

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

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 N Main St
Moscow, ID 83843
208-883-0523 VOICE-TDD
208-883-0524
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