

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



This year's Gerber baby is a young boy with Down Syndrome. The iconic baby food company has chosen Lucas Warren, 18 months, as its "spokesbaby." The Dalton, GA boy was chosen from more than 140,000 entries. Lucas is the first child with a disability to receive the Gerber spokesbaby honor. Since 2010, Gerber has selected a baby annually to represent its brand through an online photo search contest.

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Technology transforms
life for Seniors

LOCAL EVENTS - Please join us!

- May 3** - **Three Amigos 2018 Alzheimer's Walk**
Post Falls, ID
Garden Plaza, 4:00 pm

- May 4** - **Free Screening of ScreenAgers**
Idaho Falls, ID
Compass Academy, 6:00 pm

- May 5** - **Climbing on Stuff**
Boise, ID
Gowen Field, 10:00 - 12:00 pm

- May 9** - **Free Screening of ScreenAgers**
Boise, ID
Boise Public Library Main Branch 6:00 pm

- May 12** - **North Idaho Veterans Stand Down**
Coeur d'Alene, ID
Kootenai County Fairgrounds 8:00 am - 2:00 pm

- May 28** - **Head Injury Support Group**
Pullman, WA
Pullman Regional Hospital, 6:00 - 8:00 pm

MOSCOW ARTWALK

DISABILITY ACTION CENTER NW
505 N Main St, Moscow Idaho

ART RECEPTION

JUNE 17, 4:00-6:00 pm

Join us for refreshments, music and amazing art by artists with disabilities



GUEST EDITOR – James Pickard

Traveling Through History

Hello Americans and others from around the world, tis I, the one armed bandit burning up the keyboard from deep in the heart of Moscow, Id, gateway to the Idaho panhandle. I know it's been a while since my last article, but I've been busy with other tasks. Yea...I know you understand so I won't go into details. On top of that I found myself itching my head to find a topic to write about. Any who...I think I have a good one for you.

I've been asking myself, how as a society did we arrive at the Americans with Disability Act (ADA) or how it's so elegantly put "Evolution of a National Disability Policy?" Now grant you, I've been working at a Center for Independent Living (CIL) for four years and never thought to ask myself this question until now. So grab your magic carpet...wait...that's probably too old of a concept...let me see. When I was young it was the magic school bus...as I became a young adult it was a Delorean. Well, no matter your method of travel; buckle up because we are going back to the past...the past...the past.

What I came across is that this road started way back in the early 1900's with the Medical/Charity Model. In laymen's terms this model states that a disability needed to be addressed by rehabilitation professionals who attempted a cure so the individual could be reinstated back into the work force. From this we jump to 1916 (see why I told you to grab your magic carpet) with the National Defense Act: which provided injured soldiers the ability to return to civilian life. Then on to 1917 with the Smith-Hughes Act: a vocational education program created for disabled veterans.

Then in 1918 the Smith-Sears Veteran's Rehabilitation Act that expanded the Vocational Education Act to include World War I veterans. From here we will jump to 1920

where we see the last of Smith by way of the Smith-Fess Act or Civilian Rehabilitation Act. This act included all Americans with a disability. Within the confines of this program the federal government did a 50/50 match with state funds in order that this program could provide primary vocational services.

Now that we found the point where civilian involvement starts, let's set the dial on autopilot and watch the years roll by. 1935 Social Security Act, 1936 Randolph-Sheppard Act, 1938 Wagner-O'Day Act, 1961 American National Standards Institute, 1970 Urban Mass Transportation Act, 1971 Javitts-Wagner-O'Day Act, 1973 Rehabilitation Act, 1975 Education for All Handicapped Children Act, 1988 Technology-Related Assistance for Individuals with Disabilities Act. The date that we are looking for is now in sight...disengaging autopilot, make sure all seat belts are fastened...we are arriving at 1990, the year the Americans with Disability Act was put into effect. Now you know, as well as I, how society reached the ADA. I would recommend you to take a more in-depth look at the Acts that we so gracefully jumped over, because there is a lot of good information there. This is where I leave you; I trust you can find your own way back to your time period. Thanks for coming!





NEWS FROM DAC NW

A NOVICE DECIPHERS BRAILLE

By Miriam Hertz

A while back our Executive Director ask, “What do our DAC Brailled business cards *really* say?” We knew what they **should** say. We also knew



that Braille is composed of raised dots in a 6-cell format that can be read by some blind people. But that’s pretty much all we knew.

Maybe I, Miriam, could assist? After all, I had just finished reading Ken Follet’s *Fall of Giants*, about World War I. I now knew that code-breaking was the occupation (or perhaps preoccupation) of the famous (or infamous) “Room 40” in London. I, too, would be code-breaking for the Allies (and keeping a Giant from Falling)!

Using a card with an example of the Braille alphabet I started decoding. Oddly, the first word of our Brailled business cards looked like “dabilby.” This is close to “disability” - but no cigar. In general, the first three words were so close to “disability action center” but yet so far. Then I tried to decipher the business card from right to left, as if I were reading Hebrew. Nope. On a whim I even tried sounding some of the Braille as if, in fact, it were Hebrew. Again, no way. I turned the card upside down so that I was now trying to read backward starting from what I thought was the end (but was really the beginning). But still to no avail. My only remaining option seemed to be to stand on my head while trying to read the business card.

Eventually, it occurred to me that there must be a large number of possible combinations of dots each 6-dot Braille cell. In fact, in Braille-English translation keys I only

found some of the dot combinations on the DAC business card. So, what are these assemblages of dots on the card that are neither Braille letters or numbers? Maybe they signify something else? Do these dots connote a phrase? a prefix? a punctuation mark? From a Wikipedia article and an online English-Braille translator I learned the dots that signify the prefix “dis,” coming at the start of the Brailled word “disability.” Revealed to me was the Braille symbol that replaces “it” in the word “disability” and “tio” in the word “action,” thereby shortening each word. I discovered the dots for the word “enter” that complete the word “center,” as well as the dots for “No.” and “-“ used in the rendering of DAC’s 1-800 phone number. Finally, I learned that the Braille symbol for a decimal point - which punctuates the DAC web address - is **not** a simple “.”

Braille is a tactile writing and reading system used by people who are vision impaired. It is named after Louis Braille, the blind Frenchman who created Braille in 1824 as an improvement upon a tactile military code that General Napoleon’s soldiers used for night writing. Braille was at first a direct transcription from the French, but soon various abbreviations, contractions, and even representations of full phrases were developing. An expanded English system, called Grade-2 Braille, was complete by 1905. The Braille systems stand alone from each other and their unique languages just like ASL. The translation?

Helping YOU take action!

NEWS FROM



SENIOR POPULATION IS GROWING - INVEST IN AGING!

Aging is the demographic shift that is without a doubt the strongest, least cyclical and most important trend in the market. The global population of people aged 60 and older was 962 million last year. Those numbers are projected to increase to 2.1 billion by 2050. Most regions will have populations where one quarter of individuals are aged 60 or older.

With the older population increasing, the collective spending capacity will follow suit. Consumer spending of aged adults will represent \$15 trillion in 2020 and it's rising very quickly.

For investing, look for Silver Age strategies that include 8 different areas including financials, health care and consumer sectors. Areas expected to do well are part of cyclical consumption, specifically leisure. And thematic investing - which broadly refers to buying into areas that could benefit from long-term trends - is the way to go. This growth is expected to very steady.

One shift in spending is looking to

services rather than goods. The aging consumer have shifted their preference from acquiring physical assets to purchasing experiences and services instead. And there is a greater consumption of health related services and goods.

For example, if experiencing an authentic Parisian bistro dinner is on the "bucket list", a trip to Paris will be needed. The aging consumer may prioritize the purchase of a vacation over buying the latest gadget or upgrading an old car - and this has implication on our local economies.

We are on the cusp of a major generational shift as the baby boom generation retires and the millennial generation rises. Anticipating this shift in demand should focus on accessibility in traditional goods and services. If the largest spending market needs accessibility it makes sense start changing your place of business to adapt!

NWADACENTER.ORG/IDAHO

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NEWS FROM LIFE INC.

The RespectAbility Guide to Inclusion in the Entertainment Industry

While one-in-five people have a disability, fewer than two percent of scripted television characters (15 people) have disabilities. And most are played by actors without disabilities.

With Hollywood striving to boost diversity and inclusion, opening the inclusion umbrella for America's largest minority - the one-in-five Americans with a disability - is the right thing to do as well as economically *smart* given that the disability market is valued at more than \$1 trillion. The success of films like *Black Panther*, *Wonder Woman*, and *Coco* prove that diversity wins. According to Nielsen Research, consumers with disabilities represent a \$1 billion market segment. When you include their families, friends, and associates, that total expands to more than \$1 trillion. Americans with disabilities represent the third largest market behind Baby Boomers and the mature market. 1.2 billion people on earth have a disability.

However, storytellers often make glaring, yet easy to avoid, errors when covering our community. This guide was created to help entertainment professionals who wish to ensure they are as inclusive of people with disabilities as possible. Available as a PDF or accessible Word document it is divided into



sections including best practices, appropriate terminology, common acronyms and their meaning, and etiquette for interacting with people with disabilities. You can even learn more about specific disabilities that run the gamut from amputees to Dwarfism. Specific information is available about what qualifies as a disability, person first language, and the Americans with Disabilities Act (ADA). Mostly it tries to get across the belief that people with disabilities are not less human, less valuable, and less capable than others. Easy to navigate, you can zero in on what is most important to you.

You can view the entire guide at
www.respectability.org

Living Independently For All



NEWS FROM LINC

How I Became an Independent Youth

by Aerius Franklin

When you're a young adult, you can feel like you don't relate to anything. We hear "you are too young" or "you haven't experienced life yet." It used to be very unsettling to me, because how could my elders and mentors not have faith in me, even before I begin to leave my mark on the world? For a long time my thoughts centered on how I could prove to my inner circle (parents, siblings, friends) that I would be able to make it on my own. I want to let young adults know there are options!

First, I made a list of all the things needed to live independently, including a second job. I was in northern California and the cost of living was high. Then I would need transportation to and from work. Another necessity was a back up plan. I didn't want to hear my parents say "I told you so" for any reason.

Six months passed and I was still working only one job. I had some money saved, but no one had time to help me look for apartments. I was upset because no one wanted to help me. Then it hit me - nobody was supposed to help me.

At that point I did everything I could to earn a dollar and make sure I wouldn't have to ask anybody for anything. My family was not ready for me to live independently, even though I was ready. My family thought I would need a payee, so that was another problem to solve.

Finally I got advice from a volunteer at a CIL in Fairfield, CA. This is where I could learn exactly what I needed to be independent and improve myself. Staff talked about how they serve individuals with disabilities and those recovering from substance abuse. The experience was the



first time someone talked to me about asking my employer for reasonable accommodation on the job.

After getting home, I gave some thought on how to talk to my employer about what would make my job easier as a person with a disability. It seemed to me that a brighter light and a footstool would assist me. When I went to my employer, I was nervous inside. We sat down and talked for twenty minutes about my needs (it really felt like hours). By the end, everything was approved and I felt accomplished leaving his office.

Afterward I had a stroke of good luck and was granted the right to become my own payee. I had found a townhouse for rent at a reasonable rate. I also found a second job as well. All in all, in the beginning, becoming independent was hard. With perseverance and some people taking a chance on me, and most importantly, taking a chance on myself, I scored big! You have options!

Living Independently For All

TECHNOLOGY FOR INDEPENDENT LIVING

Meet the Smartchairs



Autonomous vehicle technology. Self-compensating drive control. Predictive maintenance apps. A virtual seating coach. All of these things are happening now in wheelchair technology and they are transforming our mobility, health and independence. These sleek, futuristic wheelchairs navigate turns, traverse bumpy grates, and travel in tandem. A wheelchair can travel autonomously through an airport to a woman who summoned it using her cellphone and the second one followed independently. Designed to shuttle passengers through an airport for the 2020 Olympics in Japan, they carry new technology - mapping, sensors and more, that could change the way you drive your power wheelchair. Former Japanese auto designers came up with The WHILL chair. Auto manufacturers are embracing non-traditional mobility devices. They believe 'mobility' goes well beyond cars and that movement is a human right. And we couldn't agree more. In the future you won't wait for airport personnel to get you. You will summon your chair from an app on your phone!

Uccello Kettle



In just four simple steps, the Uccello Kettle will provide you with safe delivery of hot water. Unlike other kettles or kettle tippers, the circular shape of the Uccello Kettle, combined with its rotating cradle, moves around the body of water to assist the flow of the pour, so you don't have to lift, strain, balance or aim. Non-slip feet for stability, ergonomic handle that distributes weight across the entire arm, not fingers and wrists. It opens up a world of confidence and independence for anyone who wishes to handle boiling water safely.

\$89.00

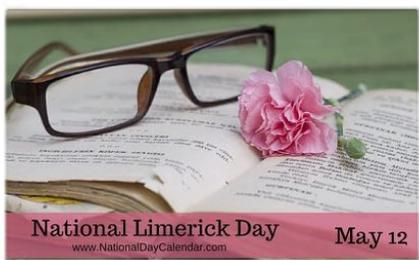
uccelodesigns.com

LINKS WORTH SHARING

Holidays in May—by James Pickard



Cinco de Mayo is observed on May 5 and celebrates the defeat of the French Army during the Battle of Puebla in Mexico on May 5, 1862. It is not actually Mexico's Independence Day. It is a day to celebrate the culture, achievements and experiences of people with a Mexican background who live in the United States. Celebrate with food and drink!



A limerick is a very short, humorous, nonsense poem. National Limerick Day celebrates these poems, made popular by Edward Lear's book "Book of Nonsense" published in 1846. By following rules of five lines, and a particular rhythm, officially described as anapestic trimeter, anyone can create one. Celebrate and give it a try!
<https://nationaldaycalendar.com/days-2/national-limerick-day-may-12/>



Bike to Work Day falls on the third Friday in May and people are encouraged to take their bicycle to work. Studies have shown that biking is not only good for you and fun, but it raises your happiness level and helps your brain function better. And it saves money you would have spent on gas or bus fair. So strap on you helmet and head to work!
<http://www.holidaycalendar.com/event/bike-work-day/>



Celebrate one of the cornerstone foods of Western civilization - the hamburger. While the food was originally invented in Germany, it's popularity spread like wildfire through out the U.S. and Canada. May 28th is earmarked as a day to celebrate the burger!
<http://www.holidaycalendar.com/event/hamburger-day/>



Yes, even the paperclip has its day of honor. It is about that well-known piece of curved wire that keeps our papers together and organized. The first patent for a "bent wire paper clip" was presented by Samuel B. Fay in the U.S. in 1867. Originally it was used to attach tickets to fabric.
<https://nationaldaycalendar.com/days-2/national-paperclip-day-may-29/>

Technology Transforms Lives of Seniors with Disabilities – by Jackie Writing

Over 25 percent of American seniors aged between 65 and 75, and 50 percent of over 75s, [live with some form of a disability](#). People with disabilities experience all kinds of barriers every day, but this can become even more apparent the older we get. Technology, however, is responding to the needs of older people with disabilities on an enormous scale.

Assistive devices market worth \$14 billion

The global assistive devices market targeting seniors and those with disabilities was [valued at \\$14 billion in 2015](#). It is predicted to exceed a remarkable \$26 billion by 2024. These technologies can have a significant effect on tackling the issue of social isolation that often comes from experiencing mobility restrictions or being housebound.

What is assistive technology?

Assistive technology is a service or tool designed to help seniors who have difficulty communicating, handling routine tasks or just simply getting around. With a rapidly aging global population and an increase in chronic diseases, over 2 billion people will eventually [need at least one assistive product](#) by 2050, with many older people needing at least two.

Technology and assisted living

The assisted living sector has begun to recognize the important role technology now has in supporting older people with disabilities. Many new facilities are incorporating technology into their service as a priority. Over recent years, an increasing number of assisted living facilities have been keen to [embrace the technology revolution](#) for all older people, but particularly those with a disability.

40% of all seniors are already online

Many facilities now include regular technology programs into their residents' daily routines to help keep all residents safe, connected, mentally active, while still promoting independence. And the demand is there. Across the older population,



including those seniors with a disability, around [four in ten use the internet](#) regularly. Many use it to keep in touch with relatives and friends while helping to improve their social skills and self-esteem.

New innovations transform quality of life

Even for those seniors without a disability, eventually, most will need [help with daily chores and everyday activities](#), which is why technological [innovations are transforming the quality of life](#) for all older people. Whether it's assisting with daily household tasks like vacuuming to sensor technologies or reminding someone to take their medications each day.

Japan using robots to help with senior care

But Japan has gone one step further and are using robots to help with caring for their elderly. The Japanese government has been funding the development of elder care robots to help fill the country's shortfall of carers and specialized workers. From a robot furry seal which residents can pet, a humanoid robot that gives exercise classes to walking rehabilitation equipment, that helps seniors with their walking and balance.

Seniors While assisted living environments in the US may not be looking to introduce robots into their facilities quite yet, they are recognizing the crucial role that technology plays in the lives of seniors, especially those with additional disabilities.

Disability Products and Services Directory



eParent Support Community connects individuals, families and friends, caregivers and health professionals for support. Their Special Needs Resource Directory provides a comprehensive guide for parents and families of children with chronic health issues, disabilities, and special needs, as well as to physicians, allied health care professionals and educational professionals who are involved in their care and development. This directory is designed to assist in the search for helpful information and resources for every situation. These parents need products and services who specialize in assisting families and caregivers in managing day to day needs, whether its adaptive sports and recreation or education products and technology.

www.eparent.com

TIDBITS!

Categorically left over but no less important

Quotes to make you think!

“Disability is a matter of perception. If you can do just one thing well, you’re needed by someone.” ~ Martina Navratilova



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

Tips for Making Extra Income While In Recovery by Mary Wilson

Parents who struggle with substance abuse problems often find themselves caught between the need to get treatment for addiction and the need to provide for their children. Parental responsibilities can hinder getting the help you need. Above all, you need to focus on recovery so you can get back on your feet, but simply setting aside family responsibilities isn't an option. Recovering from addiction can cost you a job and make it difficult to find a traditional, full time position.

Fortunately, the Internet and the agile economy have made it possible to earn money in ways that would've been impossible just a few years ago. For someone whose recovery requires them to be at home, there are many ways to get creative to make ends meet. Just make sure you come up with a distinctive and descriptive name (a name generator tool can help you) so that people can easily find you and learn how to use your social media outlets as marketing tools.

Web-based Commerce

The Internet provides many people a virtual marketplace where they can sell items on a variety of websites, such as eBay, Facebook, and Craigslist. In fact, a legitimate industry has grown up around such sites with individuals making appreciable incomes marketing and selling their wares online. Think of it as an ongoing, online yard sale. If you have a lot of excess stuff, this is a great way to get rid of it while making some money.

Direct Marketing

There are dozens of direct marketing companies that allow you to sell their products online. Avon and Tupperware are two of the more notable ones, but there are others such as Mary Kay, Amway, Herbalife, and Infinitus. The more successful independent direct marketers build networks of clients they can keep going back to with new products. As with any sales venture, your success depends largely on your persistence and social skills. Many people are able to make a comfortable living this way.



Get paid for your opinion

If you enjoy sharing your opinion and like trying new products, taking part in online surveys may be a good way for you to make some bucks. It usually only takes a few minutes and you're compensated for your feedback. You won't get rich, but the more you can complete the more cash you'll bring home. The HarrisPoll and Springboard are two of the more well-known online survey venues. You can even earn special rewards from some of your favorite companies.

Freelance Customer Service

Companies all over the world often need people who can handle customer service calls at home. It saves overhead and helps them avoid logistical challenges. In some cases, you can earn up to \$15 an hour, not bad for having an Internet connection and a landline. The best part is you can set your own work hours.

Put your photos to work

If you enjoy taking pictures and have a photo library, you can make good money selling them to sites that make them available for commercial use. You give up all rights to the images, but can make money, particularly if you have a large, varied collection. In some cases, you can earn three figures for a single image.

Mystery Shopping

Many people are able to work independently as a mystery shopper, trying out different brands and eating at various restaurants and sharing their opinions about their experiences. Marketing companies and advertising agencies frequently use mystery shoppers to develop new campaigns.

Today there are more opportunities than ever to make a good living working out of your home. The reach of the Internet places any number of money making ventures within easy reach. Best of all, you can derive maximum benefit without having to be away from home.

Courtesy of pixabay.com

CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING



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570 W Pacific
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208-785-2398

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208-529-8610 TDD
208-529-6804 FAX

2311 Park Ave Ste 7
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www.idlife.org



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www.dacnw.org



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www.lincidaho.org