

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



Are you looking for financial assistance to purchase an assistive device such as a wheelchair lift for a vehicle or hearing aids? Maybe you need to complete a bathroom remodel to make it accessible or need to add a lift in your home or vehicle. The Idaho Assistive Technology Project has a program called the Alternative Finance Project or AFP. The lending interest rate for the AFP is based on the prime rate at the time the financial loan is signed. We are happy to be able to offer a lower rate through our program when a traditional bank loan may be available to consumers, but for a higher rate. For information on how to qualify for the program, visit our website <https://idahoat.org/services/finance> or call 1-800-432-8324

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LOCAL EVENTS - Please join us!

- June 5 - The Palouse Senior Fair**
Moscow, ID
Palouse Mall, 10:00 am - 3:00 pm

- June 13 - Alive After Five - Ivory Deville Concert**
Boise, ID
Downtown Boise, 5:00 - 8:00 pm

- June 15 - Moscow Artwalk**
Moscow, ID
DAC NW Office, 4:00 - 6:00 pm

- June 19 - Summer Camp Bowling Adventures**
Pullman, WA
Zeppoz, 10:00 - 12:00 noon

- June 20 - Alive After Five - Ghost of Paul Revere Concert**
Boise, ID
Downtown Boise, 5:00 - 8:00 pm

- July 28 - Dog Fest Walk N Roll ADA Celebration**
Sandpoint, ID
Forrest Bird Charter School, 10:00 am - 1:00 pm

INDEPENDENT LIVING CONFERENCE

Linen Building, Boise ID

Empowering Independence
September 6-7,

This conference is FREE to attend for conference attendees! We look forward to seeing you there.

Look for more information at

www.lincidaho.org



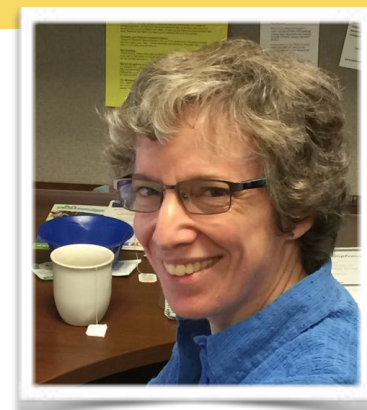
GUEST EDITOR – Miriam Hertz

The Genius of “Reasonable Accommodation” and “Essential Job Function”

Under the law, an employer is allowed to ask a job candidate “Do you need any reasonable accommodations to perform the essential functions of this job?” I have come across employers who state or list “must be able to walk” and “must be able to see” as the essential job functions of a position. The truth is that walking and seeing are essential job functions of only a few jobs, such as some in construction work. So, the question in this case becomes why does the employer think she needs an employee who can walk and see?

For example, is it necessary for the employee in this particular position to move or ambulate through a narrow, uneven space? This is possible but unlikely. It is more likely that the position involves something like getting a heavy item off a high shelf. In this case, “getting a heavy item off a high shelf” is the purported essential job function and not “must be able to walk” or “must be able to see.” For the safety and convenience of all employees, however, it might be good to remove the heavy item from the high shelf. Or accommodations for disability could be a mechanical device moving the item

from (and back to) the high shelf or an able-bodied person lifting the item, and not only are these possible accommodations, but one of them is probably reasonable in terms of cost and effort to the employer. In this way, according to legal definition, a “reasonable accommodation” is born.



So, what is the remarkable genius of the concepts of “reasonable accommodation” and “essential job function”? These concepts not only defend from discrimination people with disabilities but also protect other groups. It wasn’t that long ago that (at the time male) bosses expected their (at the time female) secretaries to bring them coffee. If “bring the boss coffee” were listed nowadays as an essential job function, this would be a red flag for employment discrimination on the basis of sex. Bosses can get their own darn coffee. Likewise, the accommodation of onsite childcare can assist some parents (usually mothers) to get and maintain employment. While not mandated reasonable accommodation under the law, onsite childcare can still be an accommodation that assists a protected class.



NEWS FROM DAC NW

Another Year Another Artwalk!



The time of year has rolled around to the annual Moscow Artwalk. DAC is proud to have been a part of this event for the past number of years. We look forward to showcasing the fabulous art by people with disabilities. People with disabilities have a unique outlook on life and this comes through in their art. As one artist put it, *“Painting is a way of dancing in the rain in spite of the repetitive storms that have occurred in life!”*

An artist reception will be held June 15th, 4-6 pm with light refreshments being served. The art will remain on display for the rest of the month.

Art displays for 2018 include phone and

tablet cases, mixed media dolls and quilts as well as photography and paintings. Some of the art is for sale and can be bought that evening.

This year we will be participating in the Passport Program. Host locations that have the pink PASSPORT sign will be able to stamp your passport. Then you drop it off at the Moscow Chamber of Commerce by 9pm that evening and you will be entered into a drawing for prizes. Plus - people can vote for their favorite work of art, listing the artist name, title, and host location. The Moscow Arts Commission will award the “Peoples Choice” artist with a prize.

Helping YOU take action!

NEWS FROM



Advice on Passengers with Service Animals

Ask about the airline's policy on advance seat assignments for people with disabilities.

For instance (1) should a passenger request pre-boarding at the gate? (2) should a passenger request an advance seat assignment with priority seat such as bulkhead or aisle up to 24 hours before departure? (3) should a passenger request advance seat assignment at the gate on the day of departure?

Although airlines are not permitted to automatically require documentation for service animals other than emotional support animals, if you think it would help you explain the need for a service animal you may want to carry documentation from your doctor or other licensed professional confirming your need for the service animal. Passengers with unusual service animals may want to carry documentation confirming the animal has been trained to perform a function or task.

If you are traveling with an emotional support animal, you may be required by the airline to provide 48 ours advance notice.

If you need a specific seat assignment for yourself and your service animal, make your reservation as far in advance as possible. You may have to be flexible if your assigned seat unexpectedly turns out to be in an emergency exit row. When an aircraft is changed at the last minute, seating may be reassigned automatically. Automatic systems generally do not recognize special needs, and may make inappropriate seat assignments. In that case, you may be required by

FAA regulations to move to another seat.

Arrive at the gate when instructed by the airline, typically at least one hour before departure, and ask the gate agent for pre-boarding - if that is your desire.

Remember that your assigned seat may be reassigned if you fail to check in on time; airlines typically release seat assignments not claimed 30 minutes before scheduled departure. In addition, if you fail to check in on time you may not be able to take advantage of the airline's pre-board offer.

If you have a very large service animal or multiple animals that might need to be transported in the cargo compartment, contact the airline well in advance of your travel date.

In most cases, airlines cannot insist on advance notice, except for emotional support animals or on health certificates for service animals (per ACAA). However, it is very useful for passengers to contact the airline well in advance to transport one or more animals in the cargo department.

The passenger will need to understand airline policy and should find out what documents the carrier will need to ensure safe passage of the service animal in the cargo compartment. (temperature conditions that might limit live animal transport)

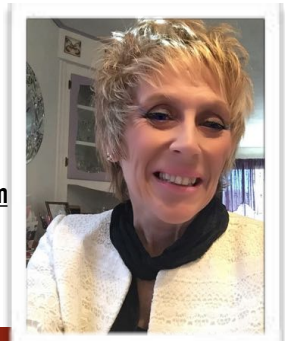
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Dana Gover, MPA, and ACTCP Certification

ADA Training & Technical Assistance

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NEWS FROM LIFE INC.

Newest Addition to Ability360 Sports

Ability 360 Sports and Fitness Center sponsors and promotes para-sports, making it possible for individuals with disabilities to participate in competitive team sports at a local level and to condition some athletes to work toward national competitions such as the Paralympics. The amputee stand-up basketball team is the newest addition to Ability360 sports.

Stand-up amputee basketball was created for those who want and are able to play the game standing up. As the name implies, all players have an amputation of at least one limb. Wheelchair basketball is usually the first recommendation for an amputee, but this option excludes players with upper extremity amputations unless they also have a lower body disability.

“We have done a lot of work with Ability360 over the past few years and it was a no-brainer when we had the opportunity to join forces,” AMP1 team member Richard Ramsay said. “With this partnership we really hope to grow the sport of stand-up amputee basketball and one day make it a Paralympic sport.

The Paralympics, like the Olympics, consider which sports will be included every four years based on numerous criteria. Every Paralympics



will feature new sports that are often played initially as exhibitions and then become competitive sports in the following years. To be considered it must be played in numerous countries and have existing leagues with established teams and consistent rules and regulations. Ability360 hosts the Cactus Classic, the only 3-on-3 basketball stand-up tournament in the country. “By teaming up we hope to draw more attention to Phoenix and the tournaments,” Ramsay said.

Living Independently For Everyone



NEWS FROM LINC

Please save the date for this upcoming conference! This conference will be filled with sessions to Empower Your Independence! Look for more information posted soon on the LINC website.

This conference is **FREE** to attend for conference attendees! We look forward to seeing you there!
If you are interested in sponsoring this conference, conducting a session, or providing resource information at the resource fair please send an email to info@lincidaho.org.

We would love to connect with you!

Independent Living 2018 Conference Empowering Independence!



SAVE THE DATE!

SEPTEMBER 6-7, 2018

BOISE, IDAHO

LINEN BUILDING

MORE INFO TO COME

WWW.LINCIDAHO.ORG

Thank you sponsors!



Powering Independence

TECHNOLOGY FOR INDEPENDENT LIVING

Frog Leg Mobility!



The Leg Lasso is lightweight and durable and allows users to reposition their legs when they spasm or become uncomfortable. They can be used while lying down, which eliminates the need to sit up or thrash around in order to roll over. Originally designed for spinal cord injury, they are effective for anyone with limited lower body or leg mobility such as multiple sclerosis or muscular dystrophy. Perfect for anyone who is concerned about bedsores, or who has impaired use of their hands. Frog Legs give you the chance to be more independent. Available in two colors: black and forest green.

\$129.99

www.froglegmobility.com

Relief from Plantar



The Nice Stretch Total Solution kit provides 24-hour support and pain relief to ankle, arch and heel to help provide round the clock treatment for plantar fasciitis pain. Daytime sleeve for balanced compression that's comfortable enough to wear all day. Plus a nighttime splint for gentle stretching. Available in S/M and L/XL sizes.

\$45.00

www.brownmed.com

LINKS WORTH SHARING

June Holidays—by James Pickard



Who remembers drive-in movies? National Drive-In Movie Day is June 6th. The first drive in theater screen was 40 feet by 50 feet and there were 400 car slots. The slogan was “The whole family is welcome, regardless of how noisy the children are.” Wife Beware was the first film shown. The idea caught on and by the late 50’s there were 4000 drive-ins.

<https://nationaldaycalendar.com/days-2/national-drive-in-movie-day-june-6/>



You can observe National Upsy Daisy Day on June 8th and face the day positively and get up gloriously, gratefully and gleefully each morning. Give it a try. Post #UpsyDaisyDay to your social media. Try a smile and see how it feels. It may surprise you that it feels good on the inside and how other people smile back. You may just brighten their day!

<https://nationaldaycalendar.com/days-2/national-upsy-daisy-day-june-8/>



“There are two ways of spreading light: to be the candle or the mirror that reflects it.” Share Random Acts of Light Day on June 13 - take a friend their favorite cup of coffee. Sometimes a visit, a walk or a fresh bouquet of flowers is what brings light into the room. You could even organize a Leukemia & Lymphoma Society Light the Night walk!

<https://nationaldaycalendar.com/national-random-acts-of-light-day-june-13/>



June 21 marks National Day of the Gong. Celebrate the unique history of the gong and the capacity for it to create sound, music, creativity and healing. With it’s extensive international cultural history, the gong is an extraordinary instrument and conduit of Creation. Explore the fascinating sounds and vibrations of the many types of gongs.

<https://nationaldaycalendar.com/days-2/national-day-of-the-gong-june-21/>



Get outside and observe National Meteor Watch Day on June 30th.

Gather some friends, bring a blanket and find a place far from the city lights on a cloudless night. Learn about the chemical composition of meteoroids and what dates will have the most meteor showers.

<https://nationaldaycalendar.com/days-2/national-meteor-watch-day-june-30/>

The Value of Peer Support – by Michelle Porter

Back in 1988, I was a very angry teenager. I just turned 17 and had a nasty car accident that left me paralyzed from the waist down. I was considered a ‘complete’ spinal cord injury, meaning that there was not even a slight chance that I would walk again. I was especially angry since I had just lost 40 pounds and gotten my braces off and I was only able to enjoy my new awesome body a few months before my accident and it ruined any chance at teenage popularity.

I was a mean patient and I hated nurses for trying to help me because I hated that I needed help. Furthermore, as if losing my legs wasn’t enough, I was peeling like a snake shedding its skin because of all the hormones that were being pumped into me. I wasn’t even allowed to sleep because every 2 hours I was either getting blood work done or taking my vitals, or they were rolling me on my side. I felt that if they were just a little more organized they could do stall once and I would be able to sleep! I made sure I told the staff that every single time I was woken up.

I couldn’t believe this was going to be my life. I had worked hard to lose that weight and now it was coming back, I was paralyzed and I couldn’t get out of bed on my own. It was all so incredibly depressing.

After a few weeks in rehab, 2 guys in wheelchairs, Dave and Roger, rolled into my room with huge smiles on their faces. (They were really cute!) I was so embarrassed because I was peeling and I could hardly move with the big old body cast. I felt like a turtle with this thing on. When I told them how I felt they laughed and said I actually looked like Wonder Woman. That helped! (Did I mention they were both super cute?)

They told me they were to let me know they would be back next week to ‘break me out’ so we

could go to the pub. I told them I was only 17 but they said it was ok, minors were allowed in before 9 pm and I could get a burger and a coke. I was very excited to get out of the hospital and go to my first pub.

Meeting them gave me some hope and my spirits were better, the nurses thought I was actually starting to smile here and there.

They visited me often at that hospital and I learned more from Dave and Roger than I ever could from rehab. They told me secret tips about being paralyzed that no one could possibly know unless they were paralyzed too. They gave me hope and strength and guided me through the trials of my first year at home. They both even came to my house and picked me up in their cars to go to the movies and hang out. It was a pretty crazy sight to see a quad put my chair into his trunk and then get his own chair into the seat behind him while I just sat there smiling. People would look at me like I was the biggest jerk for not helping. That guy was Dave and he was a friend of mine for years until he moved to another state with his new wife. I will never forget he and Roger, and how important they were to me through those first years with a disability.

Today I work as an Independent Living Advocate and now I break people out of rehab. I’ve mentored several people through their first years of living at home after rehab and I still have good friends who use chairs like me. I find strength in being surrounded by peers who can relate to my situation in the many different aspects of my life.



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!

“Nobody can see pain. They have no frame of reference for pain that’s happening to someone else. They can only see inactivity - which they interpret as laziness.”

~ Elizabeth Haynes, Human Remains



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

History of Curb Cuts - 99% Invisible

If you live in an American city and you don't personally use a wheelchair, it's easy to overlook the small ramp at most intersections between the sidewalk and the street. Today, these curb cuts are everywhere, but as recent as fifty years ago - when an activist named Ed Roberts was young, most urban corners featured a sharp drop-off, making it difficult for him and other wheelchair users to get between blocks without assistance.



Roberts was central to a movement that demanded society see disabled people in a new way. He had polio, which left Roberts paralyzed below the neck, only able to move two fingers on his left hand.

Back in the 1940's and 50's, there were a few communities across the country where people had tried to make the built environment more accessible. For example, there was a coach in Illinois working with disabled soldiers who badgered reluctant officials at the University of Illinois until finally the school set up a rehab and education program with wheelchair sports and wood ramps were installed in the buildings.

Historians discovered another example in Kalamazoo, Michigan. This community had extra high curbs. After WWII a retired veteran got so fed up watching other disabled vets struggling to cross the street that he persuaded city officials to cut ramps into the sidewalks at four downtown corners.

But by the late 1960s and 70s, the new wave of young disabled activists weren't going to wait around for the occasional enlightened college coach. They demanded. They were insistent. They didn't wait for permission. To this day, stories circulate about the Rolling Quads riding out at night with attendants and using sledgehammers to bust up curbs and build their own ramps, forcing the city into

action. But Eric Dibner, who was an attendant for disabled students at Berkeley in the late 1970s, says that the stories of the midnight commandos is a bit exaggerated. "We got a bag or two of concrete," he elaborates, "and mixed it up and took it to the corners that would most ease the route." While it did happen at night, they only hacked a few curbs.

By the mid 70s the disability rights movement was growing and spreading, with groups around the world advocating for changes in the built environment to enable more independence. This didn't mean just curb cuts, but also wheelchair lifts on buses, ramps alongside staircases, elevators with reachable buttons in public buildings, accessible bathrooms, and service counters low enough to let a person in a wheelchair be attended to face to face, and more.

In 1980, disabled people in Denver staged a protest demanding curb cuts. They'd already blocked traffic until city transit officials promised Demonstrators in wheelchairs leaned over, for the photographers, to whack at concrete curbs with sledgehammers.

In 1990, while the Americans with Disabilities Act was signed into law, disabled demonstrators left their wheelchairs and crawled up the marble steps of the Capital building to make sure the bill went through.

The ADA's reach was unprecedented. It mandated that access and accommodation for the disabled in all places open to the public - businesses, lodgings, transportation, employment. At the bill's signing George H.W. Bush spoke with emotion about the recent fall of the Berlin wall. "And now I sign legislation, which takes a sledgehammer to another wall, one which has for too many generations separated Americans with disabilities from the freedom they could glimpse but not grasp."

CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING



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www.idlife.org



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