Haiku by Ashley Centers

Turn on the bright lights,
and break down the walls you’ve built.
Let love surround you.
LOCAL EVENTS - Please join us!

May 1 - Discovery Job Fair
Post Falls, ID
Department of Labor, 10:00 am - 12:00 pm

May 9 - Safety Matters to All of Us
Lewiston, ID
215 D Street, 8:00 am - 4:00 pm

May 15 - North Idaho Veterans Stand Down
Coeur d’Alene, ID
North Idaho College, 8:00 am - 2:00 pm

May 25 - Community Resource Fair
Clarkston, WA
Walla Walla Community College, 10:30 am - 2:30 pm

May 22 - Mental Health & Wellness
Lewiston, ID
Lewiston Library, 11:30 am - 1:00 pm

MONTHLY SUPPORT GROUPS

Caregiver Coffee and Support Groups

Pullman, WA: 2nd and 4th Monday of the month, 2-4 pm
at Regency Assisted Living

Colfax, WA: 1st and 3rd Monday of the month, 2-3:30 pm
at the Colfax Library Center

Head Injury Support Group

Pullman, WA: 4th Monday of every month, 6-8pm at Pullman Regional Hospital

Alzheimer’s Support Group

Moscow, ID: 2nd Thursday of every month, 1-2:30 pm at Trinity Baptist Church

Mental Health Recovery

Moscow, ID: Every Wednesday, 4-5pm at 1912 Building, Friendship Hall
Things that worked with Dementia

Hindsight being 20/20, I have reflected a lot on my mothers care before she passed away. We were lucky, my mother remained passive and good natured through the whole experience. If anything it was us who struggled with the realization her memory was going. Everyone in the family was affected by the dementia, and we were happy to support each other through this.

There are the typical things you do to help your loved one. Lots of pictures and familiar things around them, even going so far as using notes, reminders, or even conversation books. As my mothers world shrunk, she would oft j repeat the question “What happened to all my stuff?” She was an active part of the move to my house, but clearly had no memory of it.

Eventually, delusions moved in, although for the most part they were benign, and even fun. Like the time my daughter walked through the room as Mum was watching Love Boat on tv. Very politely my mother asked “Oh! Are you on this ship too?” Without missing a beat my daughter said yes and what a lovely trip it is.

As heartbreaking as it was to watch my mother be painstakingly disassembled day by day from the intelligent, caring individual she was, I realize we were lucky in both the speed and gentleness that the disease took her.

Researchers are advancing our understanding of dementia and how to prevent it and treat it. There seems to be a connection to ADHD and the onset of dementia. This has the potential to transform diagnostic approaches and courses of treatment. They have also discovered those who participate in regular aerobic activity see a significant decline in symptoms. The Brain in Motion II study is trying to understand how it can help those at risk of developing Alzheimer’s or other forms of age-related dementia.

But the biggest thing I can pass on is if the strategy that worked last week is no longer working, don’t use it. A successful intervention at one stage can become frustrating at another. Stay nimble, and seek help wherever you find it. Hospice was a wonderful resource for us, more so than our doctor. They work with this on a daily basis and were prepared to answer any questions.

Vicki Leeper

If you have a story for our newsletter contact us at dac@dacnw.org
Another demonstration was of a puff and blow rifle. This is a trigger mechanism that attaches to your trigger guard. It is simple to sin tall on any weapon. It can be easily switched from one weapon to another. It fires the weapon by a very slight suction on the blue tube which is attached to the control box. The box is attached to the stock of the weapon with velcro.

DAC NW attended a demonstration of adaptive equipment for sports was held April 13. This special equipment makes hunting, shooting, fishing, riding ATV’s and even photography accessible to all disabled outdoorsmen. New assistive technology is coming out all the time. There is a wide variety of activity trays, shooting rests for rifles, shotguns, crossbows and compound bows, fishing equipment, and hand controls and lifts for ATV’s.

They demonstrated an accessible fishing handle for anyone without the ability to hold the fishing rod. The rod is cast and then manually placed in the mount by the user or a fishing buddy. From the mount you can pull back to set the hook. Adjustable handles and rollers allow you to use your arm to operate the reel.

If they don’t have something, they can build it!

Not sure how you would use this equipment? You can watch informative videos on line here:

http://beadaptive.com
After some recent DOJ cases regarding web accessibility and the ADA, companies are all on “fair notice” that the ADA applies to websites connecting customers to goods and services offered at a physical location. Because technology changes so fast, it was hard to put in language that provided specific blueprints as to what those accommodations must be.

This need was illustrated by a plaintiff who is blind, and brought suit against Domino’s Pizza for failing to design, construct, maintain and operate its website and app to be fully accessible to people who are blind or visually impaired. This violates the ADA. Screen reading software was unable to read successfully the customized pizza ordering app.

In short, if a company’s website or app offers a direct link to services offers at a physical location, the ADA applies - period. Domino’s main argument was that it did not receive fair notice on the specific guidance on how to make the website and app accessible. But since the court had already decided Title III applies to websites as public accommodations, they determined not knowing how to make a website or app accessible does not eliminate your obligation. (rather like saying “I don’t know how to build a ramp, so I don’t have to)

Websites that are not linked to a physical place that supplies goods and services are not required by the ADA to be accessible at this time. But all others are given “fair notice” that the ADA applies to them without dictating how. The accommodations must be “effective”. Immediately after this lawsuit, Domino’s added a hotline to the app to assist disabled customers, but that hasn’t been determined to be “effective” yet. So let’s just all be mindful of the ADA when designing websites and apps!

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Training Your Own Service Dog

Acquiring a trained service animal is either an expensive proposition or one that requires spending a long time on waiting lists. For those that want to acquire and train their own service dog - there is help.

YourServiceDog.com works at teaching people how to train their own service dogs. They use the Sullivan Training Method. This allows you to get the help you need sooner. They currently have a number of ebooks available for kindle or other electronic formats. These offer step by step instructions for intensive 30 day training. This includes understanding service dogs coverage under the ADA. After that you can move on to specific training for whatever disability you have: PTSD, Anxiety Disorders, Depression and more. These ebooks are available for about $10 each from Amazon. You can view a sample of it there.

They also have an online school course. You work your way through basic foundation skills then move on to the task that can be customized to the a number of types of disabilities. Scholarships are available.

Future support is available through their facebook group where you can talk about all aspects of training, working and living with your service dog.

Check it out if you are thinking a service dog could help you be independent!
7th Annual Global Accessibility Awareness Day is May 16th!

Join the world in making web, software, mobile information accessible. This is all about inclusion. Started in 2015 by a single blog post written by a Los Angeles based web developer it has leveraged into an extensive event.

We are all more aware now of what screen readers are and the ability to use your voice for commands (think Siri). But there is still much more to do. Let’s share the know-how on making websites accessible. Let’s talk about what makes a website accessible.

- photo descriptions, this includes MEMEs on social media
- no PDF’s if they are not readable.
- what colors are easier to differentiate
- audio description and closed captioning of all video content

Things you can do: test your own website accessibility to a screen reader. Apple products already include VoiceOver that can be turned on and off. Give it a try and see what can make a site easier to navigate when it is on. JAWs is an application that works on Microsoft machines.

Or try the copy and paste method. Copy the entire screen and paste into a word document. It should virtually transfer word for word. If you end up with squiggles and funny characters - it is not fully accessible.

If you really want a respected third party to ensure you are meeting the needs of your visitors, try WebAIM.org. They also have a free service called WAVE web accessibility evaluation tool that can give a quick once over and allow you to address errors that are identified.

Your local CIL can also offer demonstrations of assistive technologies and support. Inclusion means everyone has access to the world wide web!
Washington State passed the first long-term care benefit program law on April 26th. The measure is a monumental achievement not only for Washington but for the rest of the nation fighting for services as our population ages. Hawaii has launched a program in 2017 that distributes $70 a day to family caregivers, for up to a year.

The ultimate goal nationally is for some kind of universal family care, a comprehensive social infrastructure to support all the varied costs of care from birth to death. This new law for Washington is expected to save $3.9 billion in the states Medicaid costs by 2052. It’s noted that it takes bi-partisan support for this to pass. Some Republicans voted against it for political reasons, not because they disagreed with it in substance.

Washington first started talking about long-term care about 10 years ago, and they were focused on lifting caregivers out of poverty. In 2016 Washington and Montana negotiated a home care worker retirement benefit, the first of its kind in the nation.

The bill works like this: Beginning in May 2019, workers will pay a modest monthly payroll tax, 58 cents on every $100 they earn in income. For an average $37,000 a year, that works out to a monthly contribution of $18. After paying into the program for three years, or a total of 10 years (with 5 consecutive years) they will be able to access it which currently maxes out at $36,500. Indexed for inflation that will be $88,000 in 30 years. That money can pay for respite care, in-home caregiving, nursing home or assisted care facility and home modifications like ramps. Caregivers are really members of a larger health care team; they spend hours with the person they are caring for, but it's hard for them to taken seriously as a health care professional. This is one more step toward elevating the field of caregiving.

What we could Learn from Washington State

Services you control!
22% of adults in the U.S. have a disability. Accessibility matters. What’s the key here? The ways people with disabilities are driving innovation. Check out this blog about the impact of disability from the entertainment to fashion industry, to superheroes and changing technology. https://disabilityin.org/five-ways-people-disabilities-driving-

Nothing about us without us drives the disability innovation for global accessibility. Who better to determine the needs? Check out the first Innovation Games to be held in Paris 2024. Tech can enable participation in new ways for people with disabilities. https://www.disabilityinnovation.com/consultancy/paris-2024-the-first-innovation-games

Did you know texting was developed in the 2000’s as a way for the deaf to communicate. As the largest minority, people with disabilities are propelling technology to become more accessible. This drives innovative breakthroughs. https://www.peatworks.org/blog/2017/aug/driving-innovation-through-

If you have limited use of your hands, you can try Open Sesame. This program allows you to use your mobile device with ease using the front facing camera of any Android device. It tracks your head movement for touch free texting, searching the web and more. https://sesame-enable.com

What was originally a way for the blind to navigate, Lechal’s in shoe vibration system now offers step count, calorie count and distance travelled as well as a way to navigate without your head down looking at your phone! http://www.lechal.com/#Home
Transition Management Trainings —

by Tammy Ray

If you have the following education and experience, this training is for you!  

- Have a bachelor’s degree in health or human services field -OR- three years of demonstrated experience working with people who are elder, have a disability.  
- Are affiliated with an agency that is a Medicaid provider with one of the following specialties:  
  - Behavior Consultation  
  - DD Agency  
  - DD Case Management Agency  
  - Nursing Services Agency  
  - Personal Care Services Agency  
  - Social Work Services  

- Have undergone a background check working with Medicaid participants.

Medicaid is conducting Transition Management Training for Idaho Medicaid Transition Benefits. Transition Managers will help participants transition from qualified institutional settings to a qualified residence in the community.

Transition managers work with participants to set up the services and supports needed to live successfully in the community. Transition services can include paid and non-paid supports. Transition managers will be the point of contact for the participant.

Registration deadline is May 10th. You can service as a key resource for individuals to move into the community.
**Kayla Cromer is an Autistic Actress**

What makes actress Kayla Cromer different after announcing she is on the autism spectrum, is that she also plays a character with autism on the screen: 17 year old Maltida, in the Freeform dramedy *Everything’s Gonna Be Okay*. This is a bold and positive step for Hollywood. People with disabilities are fully capable of playing their own type. Hopefully this will lend a relatability to the characters that have been missing from other disability portrayals in mainstream media.

**#AbledsAreWeird?**

“Jesus will heal you!” has got to be the weirdest one. It’s always a little bit different, depending on the denomination of the person saying it.

I have a childhood brain injury. I’ve been a Christian for 9 years. Clearly healing hasn’t happened yet.

**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
TECHNOLOGY FOR INDEPENDENT LIVING

Assisted Shaving Razor

Until now, razors have been designed solely for individual use. As the population ages, men may need help shaving due to disability. The Gillette TREO is a new razor designed to help caregivers provide “a high level of safety and comfort” when shaving others. A special divot allows for better control, while a shorted handle makes it easier to reach under the chin. The blade requires less water to glide and shaving gel comes from within the squeezable handle to make less mess. Available in a 5 pack for $7.99.

www.gillettetreo.com

Upright Mobility Device

Upsee is a harness designed to allow children with motor impairments stand and move with the help of an adult. Suitable for children 1-8 with a maximum weight of 55 lbs. Made of 3 parts, an adult hip belt, child harness and shared sandals. It facilitates gradual weight bearing, standing and walking with the aid of an adult. It allows a small child to walk for the first time. These are just little steps - but they mean the world to someone.

Under $550.00
www.fireflyfriends.com
CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

LIFE. Inc.
Living Independently For Everyone

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
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208-678-7771 FAX

www.idlife.org

3726 E Mullan Ave
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330 5th Street
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505 N Main St
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www.dacnw.org

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