

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



Haiku by Ashley Centers

Music notes drift and
memories flood from lyrics
of another life.

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GUEST EDITOR

Changes for the
Disabled

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NW ADA CENTER

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Rising

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LINC INC

Better Accessibility for
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LIFE INC

Newest Muppet on
Sesame Street

LOCAL EVENTS - Please join us!

- July 9** - **An Athletes Journey: Sports & Traumatic Brain Injury**
Spokane, WA
Spokane Public Library - Downtown, 5:00 pm - 8:00 pm
- July 10** - **Business After Hours - Poker Run**
Moscow, ID
Colters Creek Tasting Room 5:00 pm - 7:00 pm
- July 26** - **Accessible Poker Run & ADA Celebration**
Lewiston, ID
Downtown Lewiston, 2:00 pm - 5:00 pm
- July 26** - **ADA 29th Anniversary - Poker Run**
Coeur d'Alene, ID
Riverstone Park, CDA 10:00 am - 1:00 pm
- July 27** - **ALS Golf Classic**
Post Falls, ID
Highlands Golf Course, 11:00 am tee off
- July 28** - **Idaho Youth Leadership Forum**
Boise, ID
Boise State University, 8:00 am - 5:00 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

Guest Editor – Bonnie Pilcher

WOW! This month is the 29th anniversary of the Americans with Disabilities Act.

I remember when I was growing up in a suburb of northern California some 60 years ago, we didn't have "handicapped" or "crazy" people. There were non in my schools all the way through high school. You certainly didn't to see any of "them" in town or on the street. And if you did see one somewhere you averted your eyes and turned the other way.

If anyone in your own family was not "normal" you either hid them away at home or you sent them away to an institution. It was considered a shame on the family and the family was considered defective in some way for having such a child.

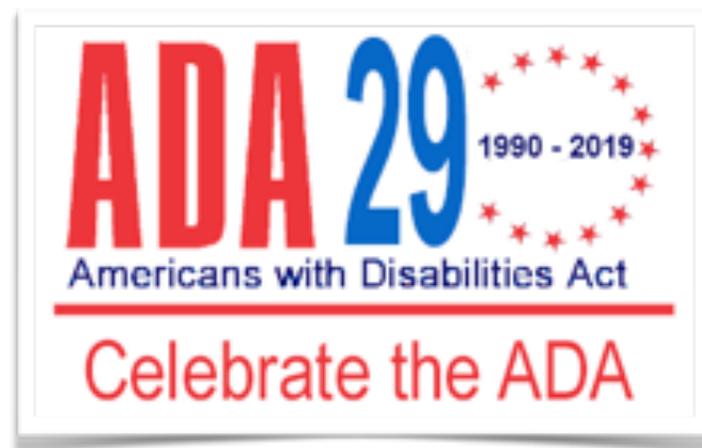
My first experience with people with disabilities was working as a camp counselor for a camp for "retarded kids". It was truly an eye opener for me. These kids laughed, played and swam just like everyone else! I was surprised! Later came mainstreaming and my own kids accepted these students into their schools just like any other student.

Today they have friends with various disabilities and so do I. I can also freely state my own disability without fearing I will be sent away.



Most of you are too young to remember any of this, but it's important. We need to remember. We need to keep pushing for total inclusion and acceptance and integration.

And we need to take time to celebrate how far we have come. HAPPY ADA DAY TO ALL!





NEWS FROM DAC NW

DAC NW Celebrates the Anniversary of the ADA 3 Ways!

Ideas are tossed around every year about how to celebrate the anniversary of the Americans With Disabilities Act. To add a fun element to it this year, all three DAC NW offices will be hosting a Poker Run!

In Moscow, DACNW is partnering with United Way to host a Business After Hours at the Colter's Creek Tasting Room July 15, 5pm-7pm. Enjoy free appetizers and refreshments, and a great no host wine and beer bar. Visit the dozen non-profits there to build your winning poker hand to be entered to win. DAC plans to use this opportunity to education our area businesses on how important being accessible is - *How does your business measure up?!*

In Coeur d'Alene, a picnic is planned to be held in Riverstone Park on the 26th from 10am-1pm. A free lunch will be served and live music will entertain guests and other vendors there. Be sure to visit these vendor booths, and pick your winning hand of cards from these. The best hands win prizes like free lunch, gas vouchers and tickets to Silverwood!

And the idea that started all of these comes from our Lewiston Office. They are partnering with the City of Lewiston to highlight what businesses downtown are accessible. Free BBQ and live music will be in Brackenbury Square and participants can visit the dozen or so accessible businesses to build their winning poker hand. A wheelchair obstacle course will be on hand for them to try. Again, great prizes await that Royal Flush!

So come by, learn about the great things the ADA has done, and have some fun at a Poker Run!



Your Key to Independence!

NEWS FROM



Nations's Schools Serving More Students Under IDEA

New federal data shows that there are more children in special education and they are accounting for a greater percentage of public school students across the country.

For the 2017-2018 school year, there were 7 million students ages 3 to 21 receiving services under the Individuals with Disabilities Education Act. These students represented 14% of all kids attending public schools!

These figures were released in May by the U.S. Department of Education National Center for Education Statistics and it offers a snapshot of what's happening in American education.

Between 2011 and 2018, the number of students served under IDEA increased from 6.4 million to 7 million and the percentage served increased from 13% to 14% for total public school enrollment.

Of children in special education, the largest group (34%) had a specific learning disability. Roughly 1 in 5 had a speech or language impairment and 14% were classified as having other health impairment.

Autism accounted for 10% of special ed students while 7% had a developmental delay

and 6% had an intellectual disability.

Most students with disabilities ages 6-21 spent at least 80% of the day in general education classrooms, but the odds of inclusion varied by disability type. While 65% of kids with a developmental delay were in regular classes most of the time, just 17% of those with an intellectual disability and only 14% of children with multiple disabilities were.

Among special education students who left school in 2017, 71% received a regular diploma, but that figure drops to 43% for students with intellectual disabilities.

These growing numbers show that integration works. That more students with learning disabilities are identified earlier and that can help their outcome to be more independent in the future.

It's also important, besides providing protection for education with IEP's and the IDEA that we continue help for these youth with transition services, so they can move on to post education or employment.

NWADACENTER.ORG/IDAHO

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NEWS FROM LINC, INC.

Improving Accessibility at Southern Idaho's National Parks

Staff from a number of southern Idaho National Parks, including Craters of the Moon, City of Rocks, Hagerman Fossil Beds, and Minidoka Internment Historic Site, have completed the draft Accessibility Self-Evaluation and Transition Plans. As this planning process continues, the National Park Service is seeking public comment on the the draft plans. Your participation is important!

The staff identified key park experiences and decided which areas would be evaluated for accessibility needs. They then developed implementation strategies for improving the accessibility at each location. This transition plan will guide the way existing services, activities, and programs are provided by defines the barriers that limit accessibility and provide recommendations on how they can be modified for everyone to access.

If you feel you would like to give input for their draft plan, visit the on-line portal to make comments.

-City of Rocks National Reserve:

<https://parkplanning.nps.gov/AccessCIRO>

-Craters of the Moon Preserve:

<https://parkplanning.nps.gov/AccessCRMO>

-Hagerman Fossil Beds:

<https://parkplanning.nps.gov/AccessHAFO>

-Minidoka Internment Historic Site

<https://parkplanning.nps.gov/AccessMIIN>





NEWS FROM LIFE

Newest Muppet Julia

The bravest new character on TV is a Muppet that doesn't say much. But she speaks volumes about autism.

In 2010, Sesame Street began working with educators, psychologists and activists to arrive at a character that is on the spectrum. Although boys with autism outnumber girls nearly 5 to 1, it was decided after much debate that the new character would be a girl named Julia.

What followed was months of work by artists, writers, actors, puppeteers and others - work that often drew on their personal experience. The puppeteer, Stacy Gordon, has a son on the spectrum. The designer, Louis Mitchell, had volunteered at a school where he befriended a girl with autism. The scriptwriter, Christine Ferraro, who has penned around 100 or more "Sesame Street" episodes, had a sibling on the spectrum.

A sibling sees things a parent doesn't. They live in the same present tense as the affected individual. As the parents eventually fade, the sib is in it for the full-life journey. They are often the only neurotypical person the ASD person knows intimately, the one they turn to in distress.

Julia made her debut on the show in 2017, and became known for more than her autism. She also has green eyes and red hair and an artistic temperament. Does autism define her? Isn't the first thing we notice about people is whatever makes the different? The show tries to show similarities instead. A role model for other small kids with autism to see themselves represented in just one of America's greatest childhood education programming. Along with content on marriage and death, families in the military, hunger in America, even HIV positive Muppets, it covers the hard topics and makes them approachable.



SELF-DIRECTED PERSONAL ASSISTANT SERVICES

Quality Care through Quality Jobs

Centers for Independent Living that provide self-directed in home care, are dedicated to altering an industry that has made little investment in these direct care workers. Wages are low and benefits nearly non-existent. Across the nation, turnover rates are high. Our goal as CILs is to change the model through reforming public policies at a state level and by working to improve employment practices.

In 2002, PHI created and implemented a national demonstration that tested whether investing in the workforce and creating better jobs resulted in better care. This test ran from 2002 to 2006 and concluded that job quality and quality care are intertwined in a variety of ways. They used the “Nine Elements of a Quality Job for Caregivers” for the assessment. These nine elements were shown to contribute to better retention and better care.

1. Family sustaining wages
2. Family supported benefits
3. Full time hours if desired, stable work schedule, balanced workload, and no mandatory overtime.
4. Excellent training the develops and hones the relational and technical skills

5. Participation in workplace organization, care planning, and public policy discussions.

6. Career advancement opportunities

7. Linkages to organizational, community, and public benefits to resolve barriers to work.

8. Supervisors who set clear expectations while providing encouragement and support

9. Owners and Managers willing to lead participative, ongoing quality improvement. A willingness to listen to ideas.

Let's work together to promote Caregivers as the high quality job we know it to be!



Services you control!

LINKS WORTH SHARING

July Activities – James Pickard



Interested in throwing a 4th of July party on a limited budget? homesteading.com has 25 low budget ideas for celebrating the 4th. Check out their ideas from homemade popsicles to mason jar lanterns and throw a party that's sure to be the coolest in the neighborhood!
<https://homesteading.com/25-ways-patriotic-4th-july-party/>



Make sure to include your elderly neighbors and friends in your festivities. Seniors feel more engaged in life when included in group celebrations. There are some things you have to remember with seniors - like limit sun exposure and keeping them hydrated. You can find more tips at dailycaring.com.
<https://dailycaring.com/fantastic-4th-of-july-activities-for-seniors/>



This blog from LittleThings talks about how hard the 4th of July can be for a veteran. For many vets dealing with post traumatic stress disorder, the sound of fireworks popping all too similar to the sound of bullets. To learn more about how you can help, see their story and share it.



Independence Day is popular with kids because of the excitement and pageantry that accompanies it. For more ideas on how to celebrate with your kids visit [care.com](https://www.care.com). They have activities that are both fun and educational.
<https://www.care.com/c/stories/3687/12-fun-fourth-of-july-activities-for-kids/>



Learn about how other cities celebrate the 4th. Old Sturbridge Village in Massachusetts plays 19th century style baseball, historical re-enactments, parade and more. They also read the words to the declaration of independence.
<https://www.osv.org/event/independence-4th-of-july/>

Intimacy and Disability

by Christina Stevenson

These are topics that many feel uncomfortable talking about, especially when both of these words appear in the same sentence. It is no secret that many feel this is a taboo subject and, even one step further, that people with disabilities do not need intimacy or that that are incapable. I have spent a lot of time the last year working on breaking this down and talking about it openly. I have created a workshop just for people like us.

There are those of us that think we have healthy relationships and good, intimate sex lives. Having no problems. They don't have to worry about how? when? where? or what if? Then there are those of us who worry whether or not we will EVER have the intimacy we need. We worry about the stigma because we have a barrier. Many believe we don't need that intimacy, or sex, or love. We find that when we do meet someone we love, we worry about how? When is a good time? Where can we be intimate or what do we need to be able to be intimate? What if something happens to me, to my loved one? Where do I go for answers or equipment or ideas to break down those barriers? Can I have a family? Will I lose my child if I were to ever have

“We all have needs. We need to connect with other humans”

one? Am I even able to have one? These are all questions that we talk about in a safe, group setting during the workshop.

We are all human beings with needs. We need nourishment. We need air to breathe. We need connection with other humans.

We need affection and intimacy. We need to feel loved and to love others. Having a disability doesn't negate any of these needs. The picture of how we get there will look different for all of us. How we get this intimacy and affection from a partner will be different for all of us. But...it does not make you or I any less deserving of it.

Let's start by talking about what we need so that eventually, we can talk about how to get it!



Breaking the Stigma of Mental Health Issues



Not too long ago, people with mental illness were literally locked up in chains. Mental Health America put a stop to this cruel practice and melted down the inhumane bindings and recast them into what is now the symbol of the MHA: the Mental Health Bell. Today, this bell rings out in hope for improving mental health. There is still more work to be done to break the “invisible” chains of ignorance and fear. Learn what you can do <http://www.mentalhealthamerica.net/b4stage4-philosophy>

TIDBITS!

Categorically left over but no less important

What would you do?

You are walking around downtown and notice there are new sets of apartments popping up everywhere. But you know affordable housing is tight. Lot's of people are asking about section 8 and low income housing and all they can do is get on a waiting list. How would you work with city officials to plan developing future low cost housing options?



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

BED PULL UP



This simple device lets patients rise from a lying to a sitting position without the use of hips or legs. A series of loops, spaced about 10" apart, will help you pull yourself up. The longest loop attached around the bed leg or frame of the bed. Made of washable cotton Webbing. Made in the USA and can support up to 200 lbs..

\$32.00

www.alimed.com

Universal Hand Clip



This is the perfect solution for people with arthritis, or limited hand strength or mobility. The spring action clip fits snug against the hand. It attaches to objects with strips of heavy-duty hook and loop. Can be used and switched around on phones, coffee cups, water bottles, hair brushes, etc.

Under \$7.00

www.allegromedical.com

CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING



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www.idlife.org



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