Haiku by Ashley Centers

I want you to know
life is a strange condition.
Keep moving forward.
LOCAL EVENTS - Please join us!

Aug 9-11 - Family Champ Camp
Coeur d’Alene, Idaho
Camp Lutherhaven

Aug 13 - Non-Profit Showcase
Pullman, WA
Gladish Community & Cultural Center, 10:00 am - 2:00 pm

Aug 14 - Ideas to Start Fresh Workshop
Moscow, ID
Disability Action Center Moscow Office, 3:00 pm - 4:00 pm

Aug 17 - Unity in the Community Celebration
Spokane, WA
Riverfront Park, Spokane, 10:00 a - 4:00 pm

Aug 20 - Game Night
Spokane, WA
DAC Office, Saranac Building, Spokane 5:00 pm - 8:00 pm

Aug 28 - Disability Resource Fair
Spokane Valley, WA
Spokane Valley Event Center, 3:00 pm - 7:00 pm

SAVE THE DATE

Independent Living Conference
MAKING A WORLD OF DIFFERENCE:
....Starting at Home

September 19-20
Coeur d’Alene Casino
Worley, ID

Reserve your space at
www.dacnw.org 208-883-0523
It’s okay if you quit the training program for working the 2010 Census; everyone will understand that you don’t want, maybe can’t, talk to the public. And…you can have the internship in Washington DC, but you’ll have to stay in the back where you won’t be talking with patrons. And…I’ll allow you to work the front desk of the University Library, but, in case you can’t tell, I’m not happy about it.

These were real reactions to my disability of stuttering. Sadly, in 2013, according to the U.S. Census Bureau, only 47.2% of working-age people with a disability were employed. Job discrimination is better evidenced by the statistic that 27.9% of working-age people with a non-severe disability (such as my own level of stuttering) were unemployed in 2013, although only 15.2% reported being prevented from employment by their non-severe disability. The problem disclosed is that discrimination even though outlawed by the Americans with Disabilities Act keeps people with disabilities from working even when level of impairment doesn’t obstruct work.

My and other’s individual experiences with employment discrimination come together to form our group experience, which is laid bare by survey data, such as from the U.S. Census Bureau. This group - or macro - experience of disability-based employment discrimination is opposed by a macro approach taking the form of policy and law. A fundamental question: to what extent is the community responsible for work opportunity for people with disabilities? Beyond having outlawed discrimination, government assists people with disabilities through social programs and budget initiatives to work and live independently.

Next month: The individual - or micro - experience of disability-based employment discrimination is countered through DAC’s interpersonal relationships with consumers. How does DAC assist consumers to become and stay employed?
DAC NW to participate in Unity in the Community!

DAC goes to a lot of community events to get the word out about what we do. And we are pretty excited about having our Spokane Youth project involved in the Unity in the Community Celebration on August 17th in Riverfront Park, Spokane.

This is the largest multicultural celebration in the Inland Northwest. We invite you to bring a blanket or lawn chairs so you can relax and enjoy a day of great activities. There are live performances, food vendors, and a resource fair.

There are five key vendor areas: Youth Fair, Career and Education Fair, Health Fair, Early Learning Fair, and General Vendors. You will find DAC in the Career and Education Fair with great information for youth with disabilities to transition to the next step in their lives. The future is so bright, we need to wear shades! And you can pick up your free pair of DAC shades at our booth!

Along with the vendors, there is a Cultural Village and a stage consisting of a diverse group of performers and acts to keep you entertained all day. Whatever your age, you will find something to do.

The goal of this event is to enhance the betterment of the Northwests’ diverse population. There is benefit to unity and connection amongst all people, helping them to engage in the community and create a feeling equity and inclusion. People with disabilities are a part of this and can make a difference! We will be delighted to have you join us! Find us by the clock tower, 10am - 4pm.
Airbnb is for Everybody
Here’s how they are building a more accessible Airbnb.

The commonly used site is trying to make travel more inclusive and accessible. Guests with mobility needs often rely on photos to make sure a listing will work for them. That's why they require hosts to provide photos of every accessibility feature they have, and it's why listings have a special section dedicated to showcasing these photos.

They are working hard to get more listings with accessibility features on the site. And they are making them easier to find by improving the search features, including filters.

They are also working towards the digital accessibility standards laid out by the Web Content Accessibility Guidelines. They utilize automated testing tools to catch more issues.

Here are some tips for guests with disabilities to find a place to stay or an experience to book to make sure their trip goes as smoothly as possible.

-Use the search filters to show only places that meet your accessibility needs. Once you have found a few listings, look at the “Accessibility Features” section of each listing that will have photos and descriptions.

-Talk with potential hosts about your special concerns. Message the host before you book to make sure they can accommodate you. The “Contact Host” link is on their page.

-Help other guests by leaving a review of what to expect, what worked and what didn’t.

Airbnb also recommends their hosts look at issues like wide doorways or extra space around the toilet. They can even add some of these features without much effort or expense. They also recommend hosts leave a caption for each photo of accessibility features. And to top it all off they have information for the hosts about the different types of disabilities that are assisted by service animals. And they can learn ways to support guests traveling with service animals.

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Surge in Voters with Disabilities May Influence 2020 Election

More people with disabilities cast ballots last year, according to a new report. This demographic is poised to have a big impact on the 2020 presidential race.

About half of all citizens with disabilities voted in the 2018 mid-terms. That’s up from those who voted in the 2014 mid-terms. This is not the only population segment to have a surge in voters. There was an increase in Latino voters and African-American voters as well. What’s more, 10 million voters in 2018 were people who live with someone who has a disability. When you add these together it means 20 percent of ALL voters in the 2018 mid-term came from “disability-households”. This is closer to the actual representation of the portion of Americans who live with a disability.

Among those with disabilities that did NOT vote, they cited reasons like illness, transportation, scheduling conflicts as reasons for not making it to the polls.

Researchers suggest that people with disabilities could be especially active in the 2020 race for the White House.

The disability community is likely to be very politically engaged. How candidates deal, or fail to deal, with disability issues can greatly affect the votes of millions.

Let’s reach out next year and see what barriers remain to keep people with disabilities from the polls. Offer transportation for someone who needs it. Hold discussion meetings to help with the understanding of complex issues. And most of all - let’s get out the vote!
2020 Census: Everyone Counts

Once every 10 years, the U.S. Constitution requires a full count of the population to reapportion seats in the U.S. House of Representatives. That exercise begins in a little over a year (Mid March 2020).

For the first time, the primary method of response will be electronic. They expect at least 70% of the population will complete the census forms online. This process is quick, easy and safe and people can overcome internet access or digital literacy issues with local services.

Why is the census so important?

The census will drive decisions that will affect economic investments in our state as well as representation in Congress. This includes the number of our electoral college votes. The information is used to draw boundaries for state and local election districts.

The federal government also uses the census numbers to distribute more than $800 billion to states, counties, and cities for education and health programs, highways, roads and bridges, water and sewage systems, and other vital projects. This information is used to determine where to build health care facilities, child and senior care centers, grocery stores and factories. For every 100 households missed, a state could lose up to $5 million which can affect it’s ability to support children, vets, seniors and other low-income families.

You will receive a postcard inviting you to go online to fill out the form. Federal Law requires the information you provide to be confidential. So when you receive your postcard make sure you are counted! Ask others if they have responded yet. And if someone has difficulty, offer help.
Karen Vaughn went into the hospital with pneumonia in 2016. She did not return to her apartment in Indianapolis until 2019. She became a quad when she was shot in 1976. Prior to her hospitalization she lived in various apartments with the aid of assistants paid for by Medicaid and state programs.

When she was ready for discharge, the state informed her she would have to be in a nursing home since no home health agency would take her on. She filed suit because she didn’t want to accept being in a nursing home. “Why should I? I had a beautiful apartment, was active in the community.”

Nursing home care isn’t necessarily better care. At home she didn’t get skin breakdowns because she slept on a waterbed. At home she slept using a ventilator that sometimes needed suctioning. At the nursing home there is only one respiratory therapist, and you can wait a long time for them to get to you. Ms. Vaughn felt she could hire and train her own people for suctioning. But the state wouldn’t respond to her request. They stated they couldn’t find an agency willing to take her on as a client.

Perhaps it’s time to lobby that Self Directed Services can be cost savings. States would need to approve training for ventilator suctioning to be done by CNA’s instead of RN’s. States pay as much as $65 an hour for RN’s when most of the time this training can be done by the client and cost much less.

Ms. Vaughn said she hopes her successful use of litigation to enforce the ADA will inspire others to do the same. “To other people (with disabilities) out there: keep fighting!” she said.
Need help with affording housing? You can learn all about Section 8 Housing Choice Voucher program that is designed to help low-income households with rental assistance so they can afford safe and quality housing. The program will pay all or some of the rental costs for eligible households. [http://www.sectioneightapplication.com/apply/ID](http://www.sectioneightapplication.com/apply/ID)

Community Action Partnership’s Housing Program provides affordable housing for low-income households. They actually manage rental units. These apartments can be several bedrooms and rent is usually set at 30% of your adjusted monthly income. Listings and qualifications can be found on their website.
[https://www.cap4action.org/program/housing/](https://www.cap4action.org/program/housing/)

The Public Housing website lists affordable housing by city in Idaho. By clicking on the city nearest you, there is a list of complexes that offer low income housing subsidies. Housing for the elderly and families can be found there.
[https://www.publichousing.com/state/idaho](https://www.publichousing.com/state/idaho)

If you live in southern Idaho, SICHA provides rental assistance to qualified families. Their various programs can help in a number of ways. But due to budget cuts, their hours were reduced, so you will have to call during their open hours.
[https://www.sicha.org](https://www.sicha.org)

The Federal Government runs a website to help find affordable housing for every state. You just plug in the city and photos come up of what is available near you. For both families and individuals with low income. They also provide news articles and other resources.
[https://www.lowincomehousing.us/ID.html](https://www.lowincomehousing.us/ID.html)
What You Can Expect When Taking Your Child with Autism to the Dentist

By Dr. Greg Grillo (dentably.com)

A child’s first dental visit is important, especially for children with autism. Sensory elements at the dentist can be more difficult to process but luckily, knowing what to expect at your child’s dental appointment can help you prepare for it. I have been practicing family dentistry for 17 years and know how important it is for your child to have a positive experience at the dental office. Here are some things to expect and how to prepare for their visit.

1. New People
At your first appointment, you can expect to meet new people and quickly get to know them. If your child struggles with sensory issues, try setting up a familiarization appointment ahead of time. This will give the chance to meet the office and staff before any work is done. They can become familiar with some of the loud noises and bright lights.

2. Nerves
It’s common for children with autism to be nervous at their first dental visit. There are many great ways to help overcome nerves and sensory issues your child may be feeling. Practicing at home is one great way to begin working through sensory issues. Role-playing dental visits at home, watching videos about dental check-ups can help a child be more comfortable and get a feeling of what it will be like. Since every child reacts differently to sensory elements, it can take a while to figure out what works best, but don’t give up. Do what you can to make going to the dentist a positive experience.

3. Future Dental Visits
Finally, it is extremely important to you child’s overall health to visit the dentist regularly so be prepared to schedule future visits. Your child should see the dentist every six months. Note that your child’s first visit is going to be the most difficult, but will become easier with each visit. Make note of what went well during the first visit and what can be improved on.

One thing that many patients with special needs benefit from is working with the same staff each time. Your child will be more willing to visit the dentist if they can be around those that they are familiar with. It will help ease any anxieties your child may previously had and make for great and positive dental visits.

It is common that people experience nerves when they visit the dentist. You probably remember feeling a little scared at your first visit too! However, children with autism often have more difficulties when it comes to visiting the dentist due to trouble processing certain sensory elements. Proper dental care is essential to your child’s health and well being. Embrace learning about the dentist with your child to help them overcome their fears and become comfortable.
What Ali Stroker wants You to Know about People with a Disability

1. Don’t ask “What’s wrong with you?” You can ask “What’s your story?” That allows me to share parts that I feel like sharing.
2. If you own a store, GET A RAMP. If you want to be accessible, you can be. They sell ramps on Amazon. Whether a business has one means so much to me.
3. Don’t assume someone needs physical help. Listen to what I need before assuming. Automatically giving me a push or opening a door makes people with limitations feel they don’t have power or independence!

TIDBITS!
Categorically left over but no less important

What would you do?

You have been working for eight years. But do to recent circumstances you may have to leave the area. Although you have support from your family and your employer, you are starting to develop anxiety. You may have to start over completely and the ultimate decision lies with you. How do you make a decision?

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
A lot of thought went into this innovative design. The frame is self standing and can be set up by someone in a wheelchair from just one side. The front door has an easy open flap system. And it opens into a front vestibule that allows you to enter the tent in a wheelchair before transferring to the sleeping area. The front area can work as a dressing room, or dry storage for your chair (or your dog!) Retails for under $450. A great example of universal design that works for everyone.

www.blueskydesigns.com

This item straps directly to the user around the waist and legs and remains secure to provide protection during transfers and for ground activity outside the wheelchair. Uses comfort cells that can be added or removed as needed to customize the cushion. One size fits all but is adjustable. Think camping, gardening, sailing, canoeing. Around $450

From comfortcompany.com
CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

LIFE. Inc.
Living Independently For Everyone

640 Pershing Ave Ste 7
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208-232-2747 VOICE-TDD
208-232-2754 FAX
800-631-2747

570 W Pacific
Blackfoot, ID 83221
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250 S Skyline
Idaho Falls, ID 83402
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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

DAC
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800-854-9500

330 5th Street
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505 N Main St
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