Haiku by Ashley Centers

Quiet can be found
In fresh snowfall, hot cocoa,
books, and a ballad.
LOCAL EVENTS - Please join us!

Dec 2  - Brown Bag Community Behavioral Health Meeting
         Health & Welfare Office, Noon - 1:00 pm
         Grangeville, ID

Dec 4  - Listening Session for ADA Transition Plan - Lewiston
         City of Lewiston Bell Building, 12:00 noon and 5:00 pm
         Lewiston, ID

Dec 5  - Listening Session for ADA Transition Plan - Lewiston
         DAC NW Office, 11:30 am
         Lewiston, ID

Dec 9  - Parkinson’s Disease Support Group
         St. Joseph Idaho Street Buildingj, 1:30pm
         Lewiston, ID

Dec 19 - Autism Spectrum Disorder Support Group
         Pullman Regional Hospital, 5:30pm - 7:30 pm drop in
         Pullman, WA

Dec 19 - Game Night Spokane Youth
         Disability Action Center NW, 5:00 - 8:00 pm
         Spokane, WA

DISABILITY AWARENESS DAY
TUESDAY, JANUARY 14TH
BOISE, IDAHO

Join us for a day on the capitol! Talk to your local representative about disability needs in your community. Get information about resources.
Inclusion is a big word we throw around in the disability community. Basically we are not after special treatment, just the same access that everyone else has. Inclusion builds strong communities, creates a sense of belonging for everyone. That investment is typically returned several-fold as people will give back where they feel they are respected and appreciated.

That means that not just businesses and schools need to be accessible. We are talking programs too. If you are teaching a workshop, are you prepared if a participant attends who is deaf? Do you know where to go to find an interpreter? If you offer swim lessons, are you prepared if a blind or visually impaired student signs up? For inclusion to work, it means your community is available for EVERYONE. That’s the keyword here. Because everyone deserves the benefits of the class you are teaching, the ability to get into the great, neighborhood playground equipment, access to the best restaurant people are talking about, drivers ed training with hand controls, even access to books in the library.

This is what CIL’s are all about. Working with businesses, schools and government to make sure the programs are inclusive. They needn’t be separate - just inclusive. We can provide technical assistance to anyone about how to make something accessible AND inclusive. Together, centers move the needle by increasing the number of businesses and agencies which have formed inclusion policies. They are prepared to include anyone, regardless of their disability. We take great pride every time we take a step to increase the overall access, be it a better marked parking spot, resources for sign language interpreters, paved trails in green spaces.

But there is still so much more we can do. People say that inclusion is a choice. But it is also a practice. Inclusion is an opportunity for innovation. An internationally recognized advocate for equal opportunities for people with disabilities, Ms Girma, who is Deafblind, shared some critical words of wisdom. She said that “disability never holds anyone back.....the barriers that exist are created by society, and it’s up to every single one of us to work to remove those barriers.”

Let’s resist the urge to let labels define what we and others can and cannot do. Instead, let's be open to creating innovative solutions that invite everyone in. What can we move? What can we interconnect in different ways for the first time? What can we alter or change? Let’s shift and expand our thinking, because anything is possible.

If you have something for the newsletter email it to dac@dacnw.org
#GivingTuesday

Disability Action Center NW is taking part in the 2019 #GivingTuesday fundraising campaign to raise money for portable ramp parts.

DAC NW knows the importance of independence and being able to stay in your own home. Since 2016 they have installed a variety of access ramps throughout northern Idaho and eastern Washington at no cost to the recipients. For some of these recipients, it is the only means they have to stay out of an institution.

The Ramp it Up Project was originally funded with a $17,500.00 grant from the Christopher & Dana Reeve Foundation. It provided money to purchase a variety of modular aluminum ramp systems that are designed to address different needs. These have been deployed to community members on a short or long term loan basis, with volunteer labor from community partners like Palouse Habitat for Humanity, Interlink, Rotary Club of Orofino, Life Center in Kamiah, Habitat for Humanity of North Idaho and Moscow Central Lions Club. It also paid for transportation costs and a new trailer to move the ramps to different locations. “We ran into road blocks with our volunteers finding the use of a large enough pick-up to move the ramps when needed,” said program manager Mellowdee Brooks. “Now it’s as easy as loading the sections on the low deck of the trailer, hooking up and off they go.”

After their latest installation, there are very few components left. Through #GivingTuesday, they hope to raise $5000 to purchase more parts. “There’s a waiting list for people to get a ramp. And this could mean the difference to getting out of a nursing home and coming back to their home,” said Ms. Brooks. Donations can be made directly through their website: http://dacnw.org/product/durable-medical-goods-exchange/
Accessible Parking and How To Do It.

The ADA Standards apply to both permanent and temporary facilities for parking. This includes grass and gravel lots. Spaces and access aisles must be marked and have firm, stable, and slip resistant surfaces.

The parking identification sign with the international symbol of accessibility should be mounted 60 inches minimum above the ground to the bottom of the sign. Think about it, if all you have is the painted marking on the ground, you won't be able to see that when it snows.

Where van spaces are angled, an access aisle is required on the passenger side of each space. This is the side from which ramps and lifts typically deploy.

Access aisle width is minimum 60”, must be at the same level and same length of the parking spaces. Maximum slope is 1:48, and it must connect to an accessible route to the building.

Accessible parking spaces must be at least 96” wide, marked and should be level. A van space must be 132” wide minimum with an adjacent 60” wide access aisle. Or a van space of 96” wide with an adjacent 96” wide access aisle is also permitted.

Boundaries must be clearly marked to discourage parking in the access aisle. Local laws may discuss the color or manner it is marked, but this is why it is typically striped with blue paint.

State or local codes may stipulate additional signage needs such as size, color, or content such as “reserved” or violation fines. State and local codes can add to the federal ADA laws but cannot take away.

Make sure your accessible parking is on the shortest possible route of travel to the entrance.

Both parking lots and parking facilities (parking structures) must comply with the ADA.

The standards do not include specific provisions for electrical vehicle charging stations. But it’s a good idea to have the EV charging stations usable by people with disabilities.

The minimum number of accessible spaces, including van spaces, must be calculated separately for each site. If there needs to be only one, it should be a van accessible site.

Parking facilities with valet parking must provide accessible parking spaces to allow parking by people with disabilities with an accessible loading zone.

For more information about accessible parking contact:

NWADACENTER.ORG/IDAHO

Dana Gover, MPA, and ACTCP Certification

ADA Training & Technical Assistance
Email: dananwadacenteridaho@gmail.com
Phone: Voice & TTD 208-841-9422
Holiday Pet Advice

The holidays are upon us and pets and service animals can be affected by the chaos that goes along with it. Between cooking, decorating, traveling, and hosting guests there are a lot of ways dogs and puppies can get themselves into trouble while their owners are preoccupied. So here are some tips on how to keep your service animal safe during the holidays.

The most common reason a dog or puppy might get into trouble is boredom. Running around doing errands, cleaning, packing and entertaining may reduce your time with your pet. They can get into things they are not supposed to. For example, you go out and return to find something eaten or chewed up. It can be hard to remember to “dog proof” your house before you leave. And dogs will eat pretty much anything. From food, medications, shoes, leashes, toys, and towels to underwear, furniture and garbage.

If you don’t have time to clean every room before you leave, close the doors to rooms and block them off. Give them a fun toy or treat to keep them busy. (Bribery works great!) And be sure to get them exercise on a regular basis. Try a game of hide-and-seek. It’s mentally stimulating for them and seems to be a lot of fun for them.

Vomiting and diarrhea are common too. Extra guests around may want to share treats with the dogs. Be sure to let your house guests know this rule. Remember it may be something they do with their own dog, but it can wreak havoc with a dog who is not used to it.

Then there are just plain accidents. With many visiting pets around it isn’t unusual for a fight to break out with a wound as a result. Or perhaps a door or gate gets left open and your animal gets out. Put reminder notes up on doors and gates to help guests know what they need to keep closed. People who do not have pets may not be in the habit of closing doors immediately behind them. And have a “quiet area” set aside for overly stressed pets. A place they can chill out if need be.

Our pets and service animals bring us a lot of joy as well as provide invaluable service to us. Let’s all have an enjoyable holiday, even our four legged friends!
Peer Providers – Experience can really help

Living, learning, and working with a disability can be challenging. Sometimes, the best person to understand what you are going through might be someone who’s also been there. A peer provider is someone who draws on their own lived experience of disability, along with training and professional support, to provide services like counseling and coaching to people with the same type of disability.

According to recent studies, peer providers are a rapidly growing part of the workforce supporting people with disabilities and chronic conditions. Peer providers can be found at Centers for Independent Living across the United States. In some settings, peers provide support on a volunteer basis, but in other settings it is more formal.

Most of these staff positions have a certain level of education and training, and they self-identify as a person with a disability. The work is rewarding when they see their peers learn, grow and reach their goals. It can be challenging to maintain the boundary of “doing for” instead of educating the peer to “do for themselves.”

These programs enhance leadership skills for people with disabilities through self-empowerment and self-advocacy. They can offer leadership training, exposure to others with the same disability, a social network of people who have been there, done that.

Goals may be as simple as accessing a service the person has experienced a barrier to such as employment, housing, Social Security or health care. It’s as easy as coming in and explaining the problem you are dealing with. Chances are, the peer provider has experienced it too, and has access to resources that can help. After determining a goal (such as employment), then a plan is formed with the persons input to reach that goal. Coaching continues until it is met. Then…why stop there? Maybe improved housing, getting an accessible vehicle and training to drive, finding assistive technology to allow you to live on your own, accessing more education… the list goes one. There is no limit to what you can achieve, and a CIL is here to help you do just that!

There are a number of CIL office across Idaho to serve you!
Every town is an important part of the American story.

Make sure your town’s story is told by responding to the 2020 Census—the count of everyone living in the United States. When you do, you’ll also help your town get the most out of the American dream.

Responding Is Important for Your Community

Census responses provide data that can attract new businesses and the jobs that come with them. The data also informs where over $675 billion in federal funding is spent each year in states and communities. That includes money for things like:

- Medicare Part B
- Special education
- Supplemental Nutrition Assistance Program
- Cooperative Extension Service
- Substance Abuse Prevention and Treatment Block Grant
- Water and waste disposal systems for rural communities

Responding Is Safe

Your personal information is kept confidential by law.

Responding Is Easy

To complete the census, answer a handful of questions online, by phone, or by mail. Choose the option that works best for you.

Every Person Counts

Whether it’s funding in communities across your state or helping determine the number of seats your state will have in the U.S. House of Representatives—every count makes an equal impact.

For more information, visit: 2020CENSUS.GOV
This is a list of ideas from a letter dated February 16th, 1820, written to his dear friend who suffered from ‘melancholia’ or what we call depression today.

Dear Lady Georgiana,

Nobody has suffered more from low spirits than I have done - so I feel for you.

1st~Live as well as you dare.
2nd~Go into the shower/bath with a small quantity of water at a temperature low enough to give you a slight sensation of cold, 75° or 80°.
3rd~Amusing books.
4th~Short views of human life - not further than dinner or tea.
5th~Be as busy as you can.
6th~See as much as you can of those friends who respect and like you.
7th~And of those acquaintances who amuse you.
8th~Make no secret of low spirits to your friends, but talk of them freely - they are always worse for dignified concealment.
9th~Attend to the effects tea and coffee produce upon you.
10th~Compare your lot with that of other people.
11th~Don’t expect too much from human life-a sorry business at the best.
12th~Avoid poetry, dramatic representations (except comedy), music, serious novels, melancholy sentimental people, and everything likely to excite feeling or emotion not ending in active benevolence.
13th~Do good, and endeavor to please everybody of every degree.
14th~Be as much as you can in the open air without fatigue.
15th~Make the room where you commonly sit gay and pleasant.
16th~Struggle by little and little against idleness.
17th~Don’t be too severe upon yourself, or underrate yourself, but do yourself justice.
18th~Keep good blazing fires.
19th~Be firm and constant in the exercise of rational religion.
20th~Believe me, dear Georgiana, your devoted servant.

~ Sydney Smith
SELF-DIRECTED PERSONAL ASSISTANT SERVICES

Hiring an In-Home Caregiver

Finding a good in-home caregiver can be challenging. How do you find someone who is reliable and trustworthy, as well as comfortable to be with. Here are tips that can help:

**Know your needs** - Determine the level of care you need. This can pinpoint the type of help needed. For example: is it just help with daily tasks like shopping, cooking, doing laundry, or bathing and dressing than a homemaker or personal care will do.

But if you need health care services, your caregiver may do all the things a homemaker does, plus they need the training to administer medications, change wound dressings, and other related duties. This type often works under a nurse’s supervision.

Once you have decided on the level of care, you need to find out how many hours of assistance you can receive. A Medicaid assessment can determine this.

After that you can go about hiring someone in one of two ways: through an agency or on your own using self-directed PA services.

**Hiring through an Agency** - How this works is they handle everything. They assign trained staff to provide care and find a fill-in when an aide cannot come. Some of the drawbacks are you may not have much input in the selection of your care-giver. They can also change, or alternate, which can cause disruption.

**Hiring directly** - This gives you more control over who you hire, so you can choose someone you feel is right for you. You can consider a family member, or neighbor. You get to interview the worker, train them to assist you how YOU want. Using a self-directed PA service means you don’t have to handle the payroll. They take care of billing, taxes and deductions, and workers comp, and provide a paycheck to your employee. They even do the background checks and can help with some of the training - but remember you are always in control of how or when you want something done.
What do you want to learn? Birding or Beethoven? Film festivals or photography? Whatever you are interested in Road Scholars have a learning adventure for you! These low cost, very safe trips make it easy for seniors to travel, even if they are alone. Rest assured every detail is taken care of for you. https://www.roadscholar.org

If computers seem confusing and give you a dull pain between your ears, you are not alone. Senior Guide to Computers will help. It shows you the ins and outs of personal computers using simplified terms, examples, pictures and videos. Easy to understand English, not computer geek, is spoken here! https://www.seniorsguidetocomputers.com

Thousands look to and trust Suddenly Senior. This website has a real-life, humorous, intimate look into what it means to be a senior. A perfect mix of Andy Rooney, Dave Barry, and Garrison Keilor, that combines knee-slapping humor and useful information. https://www.suddenlysenior.com

Retirement advice right at your fingertips! Retired Brain is a comprehensive resource for baby boomers. Get help to plan your retirement so you will be happy, healthy, and prosperous. The best retirement has opportunities for continued growth! https://www.retiredbrains.com/index.html

For career resources for Seniors, try Workforce50. It has jobs and information to help you navigate your job search for a new direction. Search by location, or favorite employer. It also covers topics like life’s purpose, raising grandchildren, and more. https://www.workforce50.com
The Idaho Youth Leadership Forum is a career and civic leadership program for young adults with disabilities, ages 16-21. IDYLF provides young people, or delegates, the opportunity to learn full citizenship skills, including advocacy, leadership, community participation, and employability. Delegates represent communities from across Idaho and are chosen based on their application, interview, and letters of recommendation.

This is a fun-filled, hands-on, six day event during which youth meet peers from around the state, learn valuable personal and professional skills, and get a feel for college life. You get to stay in the residential halls at Boise State University and participate in trainings and workshops on and off campus.

You will leave equipped to implement leadership plans in your community. You will define your academic and career goals. Receive a work ethic and belief that work is not only a right, but also a social obligation to reach your full potential. You will build a resource development plan to attain continued or more complete independence through technology, community support, and peer mentoring.

In addition to trainings, delegates spend a morning job shadowing in a profession of their choice. As part of the application process, delegates are asked to identify career goals. Then you are partnered with a local employer based on these goals. Job shadows have included movie editing, government, veterinary medicine, artistry, mechanics, and the culinary arts. At the end of the week, you participate in a formal graduation ceremony before packing up and heading home.

This program was developed in 1992 by the California Governor’s Committee for Employment of Persons with Disability. More than 35 states have implemented YLF’s in their state - including Idaho!

IDYLF Application: https://silc.idaho.gov/idaho-youth/
For more information contact Jami Davis at 208-334-3800.
Quotes to make you think!

“Disability is not a brave struggle or courage in the face of adversity. Disability is an art. It’s an ingenious way to live.”

~ Neil Marcus

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

At 28, after a decade as Jordan’s biggest voice in accessibility, Aya Aghabi passed away in August of 2019. Reliant on a wheelchair after a car accident left her with a spinal cord injury, she became a full-time mobility consultant and launched the website AccessibleJordan. Her work continues to provide online guides for disabled Jordanians and tourists to explore the nation’s streets and prized cultural destinations like Amman’s Temple of Hercules.
TECHNOLOGY FOR INDEPENDENT LIVING

Hands Free Phone

Do you find the keys on mobile phones too small and fiddly to use? If so, Sesame Phone might be what you are looking for. It’s touch free, you control it by moving your head. It is switched on by speaking the phrase “Open Sesame”. Once activated, the front facing camera tracks the position of your head. A cursor will appear allowing you to make phone calls, text and email, use apps and delve into your phone. Turn your head left will send the cursor leftwards, turning to the right will send it to the right, and nodding up or down completes the simple navigation system. It is designed to track small head movements, although you can change the sensitivity settings to a level that suits you.

www.sesame-enable.com

Beeping Foam

Get in the game and hear where the ball is headed! This accessible beeping foam soccer ball emits a beeping tone, allowing all players to know where it is going by sound, rather than sight. Soccer becomes a challenging, physically demanding and enjoyable competitive sport for athletes who are blind or visually impaired. But also fund for sighted people! It has an on/off switch and uses a 9V battery.

Around $35.00

www.MaxiAids.com