Sharona Franklin started her meme Instagram account @hot.crip to advocate for disability justice through her memes and art. Check it out!
LOCAL EVENTS - Please join us!

Due to COVID-19 restrictions, around the world festivals, sporting events, community workshops and celebrations are being cancelled or postponed. We support these decisions but also understand the important role these events play in community life. They serve as an emotional connection to share a common experience, and they build stronger, more resilient communities. We have moved to offering our event experiences online and in person with Social Distancing Precautions in place. Be an active part and join us in our virtual workshops, peer support groups, get togethers and gaming opportunities. If you are having trouble connecting, have difficulties with high speed internet or lack the devices that enable you to be an active part, please phone your local CIL - we can help! And be ready to return to our in person events in full force when it is safe to do so. We love our communities!

Oct 5 - Love Like This Series - How to Be Good at Relationships
Virtual workshop series through October
Alternatives to Violence of the Palouse

Oct 7 - How Your Words can Contribute to Domestic Violence
Virtual Conference 12:00pm -1:30 pm PT
WSU Center on Disabilities

Oct 16 - Taking Action Saving Lives
Virtual Presentation 8:00 am-2:15 pm PT

2020 APRIL CONFERENCE
October 12-16, 9:00 am - 2:00 pm, Online

As we adapt to the world around us, we find we are fighting for disability rights in a depressed economy and record high unemployment.

Let’s use this conference as a way to begin to rise from the ashes of 2020. As we well know, adversity often breeds innovation, and people with disabilities have often led the way.
From the Editor

It took that very windy Monday and the fires in Colfax for me to realize how fast one can spread and the need to be prepared. Our stepdaughter was burned out in Paradise California and I think we can learn the most from people who have been through it. I am working on this list so I am more prepared next time.

- Fill up your gas tank and make sure it is 3/4 full during fire season.
- Pack way more than you think you need for an evacuation. Plan for 2 weeks.
- Make a list of what you don't want to leave behind and keep it by the door. It's easy to forget in a frenzy (Think laptops, wedding rings, photos)
- If you have kiddos keep a go bag of their distance learning materials. Keeping the structure helps them feel safer.
- Take a video inventory of everything in your home. Open up closets & drawers and talk about what’s inside. Walk around your property and talk about different plants and trees and structures.
- Turn off any propane tanks before you go.
- If you think the power will be off, throw away everything in your fridge or freezer and take out your trash or you may return to a smelly mess.
- If your address is not shown on your I.D. make sure you keep a copy of your utility bill with you to show residency for feme/air B&B applications etc.
- Contact your insurance agent as you leave to start your claim. Most plans cover 2 weeks of food and lodging and supplies while under mandatory evacuation.
- Check out AirB&B. Once evacuated they will open up emergency housing for free. Email the owner directly about rules for pets.
- Before you go, seal and shut all windows and doors. Close and wrap any AC units. This will reduce smoke damage.
- If you can evacuate early. You don’t want to be stuck in traffic. Go with your gut and go when you say you feel unsafe.
- Keep a cooler of drinks and snacks in your car. You may have to drive a long way.
- Keep a bit of cash on hand. And notify your bank so your card won’t have a fraud alert placed on it.
- Back home, use a hose or wet paper towels to clean up ash. It can be toxic if it is airborne.
- Back home, replace all air filters in your home and car.

If you have an idea for our newsletter please contact dac@dacnw.org.
PAVE THE WAY FOR THE ADA

Staff at our Post Falls office have been preparing for months for their ADA 30th Anniversary Celebration - Pave the Way for the ADA. First, it involved traveling to rural parts of northern Idaho: Sandpoint, Clark Fork, Priest River, Hope, Kellogg, Osburn, St. Maries, Wallace, Silverton, Pinehurst and Bonners Ferry to connect with community partners and resource centers. T-shirts were delivered and an invitation to come to our social distanced celebration.

Staff prepared an introduction into the ADA as most of the guests did not have experience or knowledge as to what the ADA has done for people with disabilities. Then came the fun part. Mask decorating for our contest and a BBQ followed.

The event was held out of doors, social distancing of 6’ apart, hand washing and sanitizing, and mask wearing. It was so nice to see friends and neighbors in person!
Making Online Events Accessible

As meetings and events move to online as a result of COVID, accessibility is too often an afterthought. Where before one would make sure the venue was accessible etc, now we need to make sure the virtual event is accessible too. So let’s break down the inaccessibility of the internet barrier and have accessibility be a priority and central to your planning process.

Planning: At the starting point, think about the scope of your event and what platform you plan to host it on. Provide information on how to access the event for people with limited or no access to internet at home, and be willing to have phone in capability and offer to share information offline too (Zoom, Google Hangouts, or Go To Meeting). If the event is being held on social media (Facebook Live, Instagram Live, YouTube) look into any accessibility issues inherent to the platform you are using. Does it require you to have an account? Determine if your platform provides captioning.

Inclusion: As you are planning, reach out to disabled speakers, performers and other talent who may be interested and available for your event. People with disabilities represent nearly 20% of the population so should represented in your team as well.

Intellectual Disability: Access needs aren’t universal, so be open to different tools and technology to make sure your attendees have no problems. Access needs such as sensory issues (extremely loud videos) need to be considered as they would for in-person events. Leave time for processing information, 10 minute breaks every hour or so. Send out a tip sheet with step by step information on how to use the platform.

In Advance: Make sure it’s possible for someone to request specific access ahead of time. Factor in the cost of captioning, ASL interpreting into your budget. Know ahead of time where to access these services. Check that the platform you are using is compatible with screen readers. Offer multiple ways of attendees to participate, submit questions in advance, etc. Share the format: discussion, listening, and how long it runs so attendees can plan. Provide any written materials in an accessible file format. PDF’s are often unreadable by screen readers. If you use images, include alternative text and image descriptions.

Captioning: For video and presentations add captioning. If you upload to YouTube, you can use the automated captioning and fix any errors before publishing. Or use a professional website like Rev, ASL Captions, etc. For live-stream content, you’ll need live real-time captions, live descriptions, and alternate text. And ask people to say their name before they talk so everyone knows who is talking.

Visually Impaired: Make sure speakers are well lit and clearly visible. Describe any images shown, read any text that appears on the screen, and describe anything you gesture at as if the person you are explaining it to isn’t in the same room as you.

I know it’s quite a learning curve for all of us, but let’s keep the momentum going. For more info go here.

For more information about the ADA contact

NWADACENTER.ORG/IDAHO
Dana Gover, MPA, and ACTCP Certification
ADA Training & Technical Assistance
Email: dananwadacenteridaho@gmail.com
Phone: Voice & TTD 208-841-9422
Lunch with LeAnn

During the #ADA30Idaho Celebration, LINC has been busy interviewing movers and shakers in the disability advocacy industry in fun, uplifting lunch sessions.

In a recent session on September 23rd, LeAnn interviewed Janice Carson, the director of the Idaho Assistive Technology Project (IATP), where they provide technology resources and expertise to all Idahoans with disabilities through a number of programs. They are one of the many sponsors to this year’s ADA30Idaho celebration.

In this session we learned how IATP supports efforts that address barriers to independence. “For most of us, technology makes things easier. For a person with a disability, it makes things possible,” - Judy Heumann, Disability Activist and author of “Being Human”.

Each session during the ADA Celebration is closed captioned and has sign language interpretation provided by the Idaho Council for the Deaf and Hard of Hearing.

Each session includes a fun “lunch sharing” because we all know we are motivated by food! These have been happening every Wednesday for the past 4 months. Topics and interviewees include voting and accessible elections, ramp availability and installation services in the area through LINC, accessible housing with Erik Kingston from the Idaho Housing and Finance Association, Atomic Homes representative Eric Schmidt where you can learn about efforts that address barriers to housing sustainability and mental health, Christine Pisani with Idaho Council on Developmental Disabilities, Dana Gover discussing the work the Northwest ADA Center - Idaho does, and lots of others! Each video is only about 15-20 minutes long so it’s an easy way to stay connected with what’s happening.

If you want to take part in one of these (there is real time commenting!) just tune in to LINC’s facebook page @LINCIIdaho every Wednesday at noon Mountain Time.
A Guide to Wellness for Vets

You may have heard about how important it is to have a sense of well-being. You may know that it can affect both physical and mental health. But did you know there is a new tool for Veterans to use?

The Veterans Wellness Guide provides brief explanations, strategies and activities Vets can use at home to improve their well-being.

A team of VA educators developed the guide. Each section was created to stand alone. Vets can use as many sections and activities as they like and in whatever order they prefer. The guide is rooted in positive psychology. It takes a scientific approach to improving a person’s quality of life. Veterans have shown improvements in their relationships, energy levels, physical self-care and sleep after participating in these wellness programs. Research has found that self-guided positive psychology can decrease symptoms of mental illness, depression and promote overall well being.

In its development stage, the pilot was tested with Veterans whose feedback was used to improve both the content and design. The pilot users reported that the finished guide was highly useful. They said they would recommend the guide to fellow Veterans.

If you are interested in using it you can download it and put it into practice at home at your own pace. Those that wish to involve their loved ones in their wellness journey can share the guide with family members and friends. It covers topics like self-compassion, presence of mind, managing negative thoughts, setting goals, kindness and gratitude, time management, exercise, mediation, relaxation, humor, sleep, stress and healthy eating. Download it today, pick a section and be your own guide to a healthier, happier you!
What Having a Guide Dog Means to Me

By Katie Cuppy, Growing Up Guide Pup

The bond between a blind person and their guide dog is something that is truly indescribable. It’s something you can’t fully grasp unless you have experienced it. I didn’t understand it until I met Gabrielle. It’s like no other relationship I have ever had with any other being. Having a guide dog means so much to me, and impacts my life in so many ways.

Having a guide dog means trust.

I think the bond is so special and unique because it is built purely off of trust. I have to trust her abilities to guide me, safely navigate around obstacles, and respond to changes in our environment. She has to trust that I have the skills to confidently navigate our surroundings, give clear and consistent commands, and do everything I can to protect her health and well-being. We both ave to trust each other’s judgement. We both need to trust each other to make the right decisions to keep us safe. We both need to trust each other with out lives.

Independence and confidence are two other aspects that make having a guide dog so incredible. No matter how confident I am with my skills alone, there is just something so special about the independence I feel with Gabrielle. I feel so confident in the skills we have as a team together.

It feels like we can conquer anything together!

There is also an unconditional love shared between a service dog and their handler. No matter what, there is always someone by your side. Gabrielle and I have been a team for 5 years now! She has been with me through so many life changes and transitions.

No matter what life throws at me, Gabrielle has always been there alongside me.

Having a guide dog has enriched my life in so many ways that I couldn’t even fathom before. We have experienced so much together! I have so many wonderful memories with her and feel so lucky to be able to have such an incredible guide dog by my side everyday!

You can read more about Katie and Gabrielle on Growing Up Guide Pup blog.

https://growingupguidepup.org/finding-gabrielle/
by Disability Parenting & Lobbying

I don’t know about you, but last week I was just completely overwhelmed. Our new reality has been announced and to be honest, it’s a lot to digest. But as we learned we would be working from home with our kids, my social media and email started to flood with possible resources. I found it to be good and bad. Good that there are so many resources. Bad in that I was overwhelmed with all the information and couldn’t organize it in my head. But, as the dust settles and I learn that I will be helping my child learn from home, I have to make sense of it.

This is a list of resources to use to teach and work with your child at home. I want to give a shoutout and plug to my friend Lenore at LetGrow. If you aren’t familiar with her site, now is a fantastic time to access her **FREE Independence Kit and Projects for Kids**. For my 5th grader, we are focusing on this more than traditional academics.

Resources for Autism and Kids with Disabilities: I wanted to share some resources that have been sent to me that are either autism or disability-specific. I am still adding to this list! **Seaver Autism Center**: strategies for talking to kids about coronavirus, social stories, behavior management strategies, visual supports, sensory related resources, and even some virtual field trips. **Light Play Activities for Older Kids**: sensory and vision impairments.

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**The Special Ed Guru List**: A variety on online programs for different learning styles. **CHOP Center for Autism Research**: Their recommendations for making at home learning successful. **Devereaux Advanced Behavioral Health**: Resources for families to provide reassurance to children. **BehaviorBabe**: BCBA offers tips for students, advocates, and caregivers. There are also educational apps, occupational therapy ideas to do from home, math learning labs, audio books, virtual tours of museums, zoos, National parks and even exploring the surface of Mars! For the full list of 150+ ideas go to my blog https://adayinourshoes.com/homeschool-therapy-resources-iep/
APART but not ALONE

Nearly 42 million Americans are caregivers to a person with a disability. And since COVID-19, it seems like a million more have joined the ranks.

With COVID there are added complications, notably physical separation. Some people are supporting older relatives who live far away while others may be close by but maintaining a safe distance. The goal is to maintain social closeness while also practicing physical distance.

Caregivers are resilient, committed people and will go to any lengths to provide care to those they work for. Now more than ever, communication and collaboration are key to providing the highest level of care. Here are five tips to help someone stay connected while social distancing:

Establish a Care Circle - Identify people who can help if needed. It may be a combination of professionals, family members, neighbors, and/or friends. Collect names, phone numbers, and email addresses of everyone in the Care Circle. Include in the list things that may be needed in case of emergency: medications, pre-existing conditions, home access details).

Stay Connected - Establish regular check-ins. With new physical distancing guidelines, social connection is more important than ever. Make a schedule of remote check-ins within that Care Circle. Consider leveraging technology like zoom or FaceTime.

Maintain Medical Care & Support: Telehealth is making it possible to maintain regular doctor appointments and stay safe. In fact, the Centers for Medicare and Medicaid recently expanded coverage and loosened policies and regulations regarding telehealth. Pharmacies have mail-order options and are expanding support to manage medications.

Cover the Essentials: Assess the food, household, and personal supplies you have at home and what you need to keep in stock. Many grocery stores now offer contactless delivery or pick-up. A quick on-line search should reveal the best option. Additionally, check out Area Agency on Aging and Meals on Wheels.

Well-Rounded Health: While it may take some creativity during COVID, everyone needs stimulation physically, cognitively, and emotionally to maintain their well-being (including the caregiver!) Find ways to keep everyone active; use technology, puzzles, letter writing, exercises and more.

Services you control!
Visit Jerusalem, Tel Aviv, and the Sea of Galilee on these 6 wheelchair accessible cruise excursions. These tours include pick up and drop off transportation in a wheelchair accessible van with their 8 hour visit to some of the most important historical sites.
https://www.sagetraveling.com/israel-accessible-guided-tours

Ireland is delighted to welcome visitors with special needs and reduced mobility, and services and amenities are always improving. You can now map out your journey with door-to-door accessibility information on journeys to, from, and within the Republic of Ireland. For instance, did you know bus service in Dublin is low-floor buses with wheelchair spaces?
https://www.ireland.com/en-us/accommodation/articles/accessibility/

All the assistance that a visitor with a disability may need to make their visit to Stratford-upon-Avon enjoyable and stress free is available from this site. Details regarding access and facilities include step heights for door types, floor inclines and access mechanisms. Guided tours by qualified Blue Badge guides. http://www.stratford-upon-avon.co.uk/static_466.htm

Increasingly in Tasmania, accommodation providers are equipped to cater to people with disabilities and their friends and family. Cities are wheelchair aware with kerb and footpath standards allowing for ease of use. Buses are “kneel-down” with extra wide entrances and special seating areas with stowage for wheelchairs.

Canada has been working to achieve greater accessibility. You can plan a trip that is truly accessible for all. Famous for its stunning natural beauty coast to coast, this site has put together a few favorite accessible trips for every type of traveler.
What's Shakin' Idaho?

By Jami Davis

2020 has brought a lot of change to the world and to Idaho, among them...earthquakes! I have not lived in Idaho my entire life, but I have been here long enough to be considered an Idahoan and I don’t remember doing a lot of safety drills in school besides fire drills. In other parts of the country, we would practice for tornados, hurricanes, earthquakes...you name it, we were preparing for it! Those emergencies were common in the areas I lived, so we practiced until the safety steps were fixed in our heads.

I know Idaho has earthquakes, but they have always seemed few and far between; years would pass before I would feel the earth shake again. Part of that is because of where I live in the State and simply not always being aware of what is going on around me. Well, 2020 has changed that! On March 31st I was sitting on my couch when my couch began to shake and, not thinking about it, I commanded my dogs to stop doing whatever they were doing to make it happen. I then realized my two dogs were standing in the middle of the room looking as confused as me. It took about 30 seconds of sitting there to realize it was an earthquake and another 20 seconds trying to remember what I was supposed to do. I spent years of my youth practicing and when it came down to it I couldn’t remember because those exercises from long ago had disappeared from my mind. This showed me why it is so important to continue to be prepared for the unpredictable. Since that day in March I have felt more earthquakes than I have in the last 20 years.

The Great Idaho ShakeOut

The main goal of the ShakeOut is to get Idahoans prepared for major earthquakes, so use the ShakeOut as an opportunity to learn what to do before, during, and after an earthquake. Anyone in Idaho can participate, from a single individual at their home to a major company at the office. Talk to your coworkers, neighbors and friends about the ShakeOut and encourage their participation.

The ShakeOut Drill is scheduled for 10:15 am (local time) on October 15th. This means that wherever you are at that moment - at home, at work, at school, anywhere - you should Drop, Cover, and Hold On as if there were a major earthquake occurring at that very moment, and to story in this position for at least 60 seconds.

To register for this event, or get more information, please visit: www.shakeout.org/idaho
Adaptive Costumes from Disney

We’ve seen the creative costumes built around wheelchairs and walkers, but what if you are not that handy? Now anyone can be their favorite hero or royal character as Disney released wheelchair wraps. The chair cover fits standard wheelchairs (24” wheels) and come with supports and self stick fabric strips that hold it in place. The costumes are of stretch fabric and easy to put on and take off. They even have discreet flaps to accommodate tube access. And they won’t get caught in the wheels! And they come in both child AND adult sizes! You could be Cinderella in her coach or Mr. Incredible (or even Jack Jack) in the Incredimobile. Around $34.99 from www.shopdisney.com

TIDBITS!
Categorically left over but no less important

Quotes to make you think!

“I’ve been judged a lot my entire life and bullied a lot because of it. Don’t let being bullied define who you are.”

~ Alan Jones Silva, has trained for the circus since age 4. He loves the aerial acts because it feels like flying.

Durable Medical Goods Exchange
We are not accepting any durable medical goods at this time since it’s difficult to clean them. But we are distributing them. 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
Tarey Wilder in Boise 208-336-3335 x220
TECHNOLOGY FOR INDEPENDENT LIVING

Beeping Baseball

Beep Baseball is a challenging, physically demanding and enjoyable sport for athletes who are blind or visually impaired. This ball conforms to the National Beep Ball Association and is slightly larger than a standard softball. Softer than a normal ball to reduce injury risk, it has an on/off switch for continuous beeping. You can recharge it via USB cable. Think about using it for playing catch, t-ball and other recreational ball games. Allows for inclusion of vision impaired players. There is information for starting a new team in your area online.

Around $39.95

www.maxiaids.com

Adjustable Mask Strap

Ears hurting from those tight elastic bands? This adjustable mask strap brings instant comfort. Just loop the elastic bands over the hooks, choosing from three different positions. Then wear snugly on your neck, around the back of your head or even across your hat or cap! You can hang your mask conveniently from your neck when not in use. Set of 3 in red, black and clear for about $5.

www.starcrest.com