THOUGHTS ON ACCESSIBLE PARKING

People who think we need "straight pride parades" or a "white history month" are kinda like people who look at accessible parking spaces and say "Why don't I get something like that?" They don't care why it exists. They don't care that they get the whole parking lot, they're just mad that there's 4 spaces in front that aren't just for them.
From the Editor....

BY VICKI LEEPER

HOLIDAY CARD TIME AGAIN

Normally, at this time I am looking for the perfect holiday card to send out featuring a joyous message about looking ahead to a wonderful year. But, this year, I think that message will be "It's fine. We are fine. Everything is fine."

The past year left us with more than 730,000 Americans dead from COVID. I've lost friends. My family has been affected. The way we do business has been affected.

I've had enough Zoom meetings to last a lifetime, yet I know this technology has enabled us to reach more people than ever before. We spent a year creating some mental health videos that give practical tools for people to use right away. We've done virtual workshops on just about everything. And our connectivity to the rest of the nation has increased - all due to the technology created out of this pandemic. For people with disabilities who have difficulty with transportation, etc, this has been a boon for them to be involved. We are fine. The future is looking fine. I am looking forward to moving through the holidays knowing I can connect with everyone!

“My attitude has always been, if you fall flat on your face, at least you’re moving forward. All you have to do is get back up and try again.” - Richard Branson
COMMUNITY EVENTS FOR YOU!

NOVEMBER 2021

Nov 1st - Accessibility of Motherhood Workshop
Disability and motherhood

Nov 2 & 4 - Parent Connections Virtual Workshop
For parents with transitioning young adults

Nov 9th - Disability Employment TA Center Webinar
Financial Literacy Skills

Nov 12th - Building Capacity after TBI
Person Centered Treatment

Nov 12th - EmpowerCon
Food and gratitude, cooking skills

Nov 15th - New Supports for SIS-A
Changes coming in May 2022

For registration and details of events visit
www.dacnw.org/events/

Tools for Life Conference
SAVE THE DATE!
March 7th & 8th, 2022
Moscow, Idaho
DAC NW - ARTABILITY

What can I say about Art Ability? Well, it’s one of many programs offered through Center on Disabilities and Human Development. This program was created to encourage adults with disabilities to express themselves through art. Art Ability offered a free photography workshop and I thought “What the heck, I might as well check it out!” So, I did!

There were two outings, one for landscape photography and the other street photography. It was led by Mrs. Rohn, who was going to impart insight into the world of imagery. Once I decided to attend, I contacted Ms. Morfin to register. From that point on I waited with anticipation of what the workshop had in store for all us attendees.

On the first outing, “Landscape Photography”, I found myself whisked away to Kamiak Butte County Park. It was a beautiful fall day and we gathered around the instructor. She shared how to care for our cameras. Then she explained the idea of subject matter, light and shadows, various perspectives, and background, mid-ground and foreground,

The Street Photography outing was just as exciting. Street photography is taken as the moment happens, chance encounters, and random incidents in public places. She taught us about different angles for light and how it affects the image. She explained leading lines, and to keep in mind the possibility of changing your photo to black and white.

I had a great time! I was not only introduced to the world of imagery, I met new people, ran into ones that I already knew, and gained some experience in photography along the way! Hey! I almost forgot! We did have tasks set before us during this little expedition and if you would like to see the results that came from it, you are more than welcome to attend the open house that will be held sometime in April. So, keep a weathered eye upon the horizon for that information when it comes to light.

Until next time ~ James Pickard

YOUR KEY TO INDEPENDENCE!

INTERSTATE CONNECTIONS
LINC

THANK YOU TO OUR VETERANS!

I don’t know how many of you know this, but many of the systems, technology and advocacy we as folks with disabilities use every day were created by and for our veterans. Some of those programs trace back to World War I when veterans returned from Europe with amputated limbs and post traumatic stress syndrome (PTSD). In 1920, a veteran named Robert S. Marx, a former infantry man, came home and founded the Disabled Veterans of the World War (DAV). [Read more about it here: https://tinyurl.com/yzp55tey ]

“A Viet Nam veteran who had been paralyzed during the war and came home using a wheelchair testified that when he got home and couldn’t get out of his housing project, or on the bus, or off the curb because of inaccessibility, and couldn’t get a job because of discrimination he realized he had fought for everyone but himself – and he vowed to fight tirelessly for passage of the ADA.” [From: The History of the Americans with Disabilities Act - A Movement Perspective by Arlene Mayerson, 1992, https://tinyurl.com/j6yf9xc]

Ron Kovic’s story has been memorialized in the Tom Cruise movie, Born on the Fourth of July. He, alongside countless other veterans, worked tirelessly to get the Americans with Disabilities Act (ADA) passed in 1990.

Today, US Senator Tammy Duckworth champions many legislative issues around disability and veterans issues. A veteran of the Iraq War, where she sustained life-changing injuries as a result of an RPG hitting her helicopter. Since then, Senator Duckworth has been Assistant Secretary of the U.S. Department of Veterans Affairs and represented Illinois’s Eighth Congressional District in the U.S. House of Representatives for two terms. You can read more about her and find out

Our veterans have given so much, both during their military service and then again when they got home. Please, thank a veteran for their service!

EMPOWERING INDEPENDENCE

INTERSTATE CONNECTIONS
Introducing INDex
A CENTER FOR INDEPENDENT LIVING

We are excited to announce a new Center for Independent Living coming to Spokane, Washington. INDex stands for Inland Northwest Disability Experience. Our new logo is orange and blue to represent DAC NW colors, as it will start up under the DAC umbrella. The three intersecting triangles represent the three pillars of the disability movement: Independence, Equity, and Justice. The three triangles join together where we raise the voices of those who are most marginalized - from BIPOC to LGBTQ+, to immigrants or to those in poverty. We recognize that society's systems of oppression reinforce each other and affect every member of the disability community.

As an organization run by people with disabilities for people with disabilities, INDex will provide peer counseling, support and mentoring. The best advice often comes from those who have already experienced it. INDex will serve five counties in eastern Washington State; Spokane, Pend Oreille, Lincoln, Stevens, and Ferry counties. They will soon begin providing a comprehensive range of services designed to educate, assist, empower and provide resources to the cross-disability community.

You can have the independence you wish, while building a network of friends, colleagues, and advocates.
Although many people with COVID-19 get better within weeks, some people continue to experience symptoms that can last months after first being infected, or may have new or recurring symptoms at a later time. This can happen to anyone who has had COVID-19, even if the initial illness was mild. People with this condition are sometimes called “long-haulers.” This condition is known as “long COVID.”

In light of the rise of long COVID as a persistent and significant health issue, the Office for Civil Rights of the Department of Health and Human Services and the Civil Rights Division of the Department of Justice have joined together to provide this guidance.

This guidance explains that long COVID can be a disability under Titles II (state and local government) and III (public accommodations) of the Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act of 1973 (Section 504), and Section 1557 of the Patient Protection and Affordable Care Act (Section 1557). Each of these federal laws protects people with disabilities from discrimination. This guidance also provides resources for additional information and best practices. This document focuses solely on long COVID, and does not address when COVID-19 may meet the legal definition of disability.

The civil rights protections and responsibilities of these federal laws apply even during emergencies. They cannot be waived.

Examples of common symptoms of long COVID include:

- Tiredness or fatigue
- Difficulty concentrating (brain fog)
- Shortness of breath
- Headache
- Dizziness on standing
- Heart palpitations
- Chest pain
- Cough
- Joint or muscle pain
- Depression or anxiety
- Recurring fever
- Loss of taste or smell

Long COVID can be considered a disability if the symptoms cause an impairment that "substantially limits" one or more major life activities. Individual assessment is needed.
Steps and staircases are a noted barrier to public spaces that limit equal opportunity to participate in community life. The ADA, and other civil rights laws, are designed to address these barriers. However, barriers in private residences are often not addressed by these laws. For people with mobility impairments, the first barriers to community participation may start at home.

Researchers from RTC: Rural and the University of Kansas took a closer look at how steps at the entrance of a home affects the community participation levels of people with mobility impairments. The research team explored the relationship between the presence of steps into people’s homes and their participation in community activities.

When comparing the number and types of trips taken outside of the home, researchers discovered that steps didn’t affect the number of non-discretionary trips (e.g., getting groceries, medications) taken by people with mobility impairments. However, it did impact discretionary trips resulting in nearly 50% fewer social and recreational trips outside of the home compared to people without mobility impairments.

While the ADA is designed to support the participation of people with disabilities within the community environment, this research suggests the one’s personal environment, namely the presence of steps into and out of their home, may be an important factor in a person’s level of community participation and should be taken into account in further research and development. It could also affect a person with a mobility disability being able to visit a home, if there are steps at the entrance.

Recommendations for home construction, whether or not designated for people with mobility impairments, offer three specific features:

- at least one zero-step entrance on an accessible route from the driveway or public sidewalk
- all interior doors wide enough for a wheelchair to pass through
- at least one toilet on the ground floor

If you have concerns about accessibility, contact your nearest ADA Center.

www.NWADACenter.org/Idaho, dananwadacenteridaho@gmail.com
Phone: Voice & TTD 208-841-9422

VISITABILITY IS A GROWING TREND
SELF-DIRECTED PA SERVICES
STARTING OFF ON THE RIGHT FOOT

While you and your employer of record are familiar with the hiring and retention challenges that in-home caregiving has, there are things you can do to help keep a good caregiver. The first thing is an "onboarding" process. We can work together to create an effective team effort to recruit and retain employees.

1. Cultural Buy-In. Many in-home caregivers rarely visit the CIL office. Their work is done in the home, and in most cases they are working alone. This can make it difficult for them to feel they are immersed in the independent living self-directed care culture. Be sure and explain how self-direction works and why it is better for you than an agency.

Help share the vision. The CIL can provide ways to get connected with the big picture, and help employees understand their role.

2. Pride. Your care giver is more likely to stay at the job longer when they have a sense of purpose. Help them understand how they positively impact your life and the ability to be independent. Reinforcing how they help can get them started off on the right foot.

3. Networking. While most care givers spend their days working independently, they should know they are not alone. The customer and the employer of record collaborate to function as a team. Consider a function where other caregivers can get acquainted, promote communication and collaboration.

4. Proper Training. Self-Directed Care has different training for each client. But you can work together on the obvious things - HIPAA for example. Look to your employer of record for help providing training on all sorts of issues. Training can boost confidence. Let them know any concerns you have and ways to work together to address them. And remember - you are in control!

Focusing on these four areas is the first step in employee retention.

SERVICES YOU CONTROL!
The SILC is recruiting new members for immediate openings for the following positions:
Young Adult (18-26) with a disability from any region, applicants from rural areas are encouraged to apply
Adult with a disability in Region 5
Adult with a disability in Region 2
They are also recruiting for future openings in May of 2022:
Young Adult (18-26) with a disability from any region
Adult with a disability in Region 1
Adult with a disability in Region 7
Council members include regional representatives who have a disability. If selected, you will have the responsibility to represent your geographic area, present issues and concerns from your region to inform the efforts we are making towards systemic change. You will help develop the Idaho SILC policy, programs and our legislative agenda.
The Council meets quarterly in January, April, July and October. Meetings can be one to two days long. Committees may meet more frequently by telephone or through Zoom. You can participate virtually if you are unable to travel. Your travel, hotel accommodations and meals are paid by the council for in-person meetings.
Resources are provided to remove barriers to participants: technology, transportation, communication and personal assistants.
The Independent Living Movement is founded in the belief that people with disabilities, regardless of the form, have a common history and shared struggle. We are stronger when we unite to create positive change across our communities. Independent Living emphasizes the empowerment of individuals with disabilities to take control of their own lives to the maximum extent possible. The person isn’t a patient, but a consumer that controls the services they need. The problem isn’t the individual, but the environmental and societal barriers to independent living. The solution is to remove the barriers through advocacy, self-help and peer support.
Applications are available on our website: https://silc.idaho.gov/council-information-composition
Send your application along with a resume or summary of your school or lived experience to:
Idaho SILC
P.O. Box 83720
Boise, ID 83720-9601
OR
Call the SILC office to have an application mailed to you, get help completing the form or learn more:
208-334-3800 or toll-free: 1-800-487-4866
And visit our website to learn more. http://silc.idaho.gov

PROMOTING INDEPENDENT LIVING FOR ALL IDAHOANS
REAL LIFE EXPERIENCES
BY SHERRI BOELTER

This is Gary Pay.

He contacted DAC NW in December of 2020. His volatile living situation was becoming too much for him so he reached out for help. The police were dispatched to his residence and it was determined that Mr. Pay needed to be taken to the hospital.

While in the hospital, I worked with Mr. Pay, offering peer support and help creating an Independent Living plan upon his release. We knew he could not return to his previous living situation, which left him a choice of the men's shelter or the street. This was at the height of the Covid-19 Pandemic, and because he had a compromised immune system, he decided a move to a hotel in the interim was healthier.

He received a couple more diagnoses during this time along with a seizure disorder. These were new to him and he wasn't sure what the next step would be. We had several more conversations about what his future would look like. At one point he made the decision to apply and move into an assisted living facility. We directed him to fill out the A & D Waiver. While waiting for this, Mr. Pay advocated for himself to get the mental and physical care he needed.

Then, a few days before it was time to leave the motel, he shared that he had been thinking about living on his own, independently. We discussed the pros and cons. The PROS won! Mr. Pay applied for a room and was approved in September. He moved into his own place. He is living on his own and shared recently how very happy he is being independent. He also shared that when Covid cases go down, he would like to become a peer volunteer in our office.

Share your real life experience with Independent Living!
ASSISTIVE TECHNOLOGY FOR DYSLEXIA BY WIRED

VOICE DREAM READER

Experts say this is the best app in the text-to-speech space. “It’s like a Kindle app for your mobile device. You can highlight, take notes, and sync with Google drive, Safari, email, DropBox, and other reading services,” says Wired. You can change the fonts, colors, and line spacing, making small text far less intimidating for people with dyslexia. You can also use Voice Dream Scanner to scan text into the app and read it aloud. You may be able to get the school to buy the app for you, or you can access it for $20 with the choice of in-app purchases.

www.voicedream.com

CO:WRITER APP

Because dyslexia is language based, troubles with spelling, grammar, and expression of thought are also challenges people with dyslexia face. Co:Writer came up repeatedly as the best writing tool for people with dyslexia and others who struggle with handwriting or the expression of thought. The app does a great job of recognizing phonetic misspelling, like blk for black or lftnt for elephant. At $4.99/month for students, parents, or educators, the price tag is small.

www.cowriter.com

STUFF TO MAKE LIFE EASIER
LINKS WORTH SHARING
GREAT FALL IDEAS  BY JAMES PICKARD

These yarn pumpkins are such a gorgeous little fall craft project – great for a table centerpiece or even a fall mantle. They’re beautiful on their own, or in a group! You can get all the supplies at the dollar store. An affordable fall craft for the kids! https://onelittleproject.com/yarn-pumpkins

Do you love fall and have a number of favorite must-do fall activities? Like visiting the pumpkin patch, tasting a pumpkin spice latte? Upgrade your paper list to this adorable Fall Bucket List. When you have some free time pull out a random stick and do that activity. https://www.craftaholicsanonymous.net/fall-bucket-list

This craft is adorable to hang up in your house or for the kids to give them to people in their life they are thankful for (like mom and dad and grandma and grandpa). With this craft you need several handprints and a footprint. Spread out a plastic tablecloth and have some baby wipes ready to clean little hands and feet. https://alittlepinchofperfect.com/handprint-and-footprint-turkey-an-adorable-thanksgiving-craft-for-kids/

Here’s a Thanksgiving cooking recipe with tips for helping communicate through images and augmented or alternative communication. It can encourage using words for requesting ingredients, as well as following directions, sequence and other things important to cooking. The link includes the visual recipe and regular recipe print outs. https://theautismhelper.com/thanksgiving-cooking-with-free-recipe/

This Fall Leaves Bowl is a perfect craft for adults and all supplies can be bought at the dollar store for an affordable decoration. Using silk leaves, mod podge, and a balloon you create whatever size bowl you would like. Fill with hard shelled nuts, wrapped candy, or pinecones for a nice centerpiece. https://www.happy-mothering.com/diy-fall-leaves-bowls-dollar-tree-craft/

GOT A MINUTE? CHECK THEM OUT!
SAFETY CONSIDERATIONS FOR WELCOMING A VISUALLY IMPAIRED PERSON INTO YOUR HOME.
BY CHRISTOPER HAYMON OF ADULTING DIGEST

Millions of people have some form of visual impairment. Some have cataracts and low vision, some can make out only shapes and colors. Others are completely blind and unable to see anything at all. Chances are you know someone who has a form of visual impairment. Perhaps a close friend, relative or loved one. You might find yourself in a position where you are welcoming them into your home. Here are a few actions you can take to make that visit safer:

1. **Invest in Smart Cane.** These canes use sonar to judge the distance between objects and help the person walk on their own.

2. **Lighting Considerations.** For low vision visitors keep your home well-lit to help them see better. Natural light is favored over lamps or bulbs.

3. **Avoid clutter.** This can cause even sighted people to trip and fall. Put belongings back after you are done using them. Keep outdoor spaces free of clutter as well.

4. **Furniture & Decor.** This can be a fun excuse to rearrange some furniture and decor. Keep furniture away from doorways and walking paths.

5. **Assistance with Eating.** Depending on the level of visual impairment, ask if there are ways to help during mealtimes. Offer to guide them to their chair.

These considerations can provide a boost of confidence, improve mobility and increase independence for the visually impaired. Take time to show you care!
CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING

**DAC**

www.dacnw.org
3726 E Mullan Ave
Post Falls, ID 83854
208-457-3891 VOICE-TDD
208-457-3893 FAX

330 5th Street
Lewiston, ID 83501
208-746-9033 VOICE -TDD
208-746-1004 FAX
888-746-9033

505 N Main St
Moscow, ID 83843
208-883-0523 VOICE-TDD
208-883-0524
800-475-0070

INDex
25 W Main,
3rd floor #West 9
Spokane, WA 99201
208-618-1191

**Life**

www.idlife.org
640 Pershing Ave Ste A
Pocatello, ID 83204
208-232-2747 VOICE-TDD
208-232-2754 FAX
800-631-2747

725 Jensen Grove Dr Ste5
Blackfoot, ID 83221
208-785-9648 VOICE
208-785-2398

250 S Skyline Ste 1
Idaho Falls, ID 83402
208-529-8610 VOICE
208-529-8610 TDD
208-529-6804 FAX

2311 Park Ave Ste 7
Burley, ID 83318
208-678-7705 VOICE
208-678-7771 FAX

**LINC**

www.lincidaho.org
1182 Eastland Dr. N. Suite C
Twin Falls, ID 83301
208-733-1712 VOICE
208-733-7711 TDD

1878 West Overland Rd
Boise, ID 83705
208-336-3335 VOICE
208-336-3335 TDD

703 S Kimball Ave
Caldwell, ID 83605
208-454-5511 VOICE
208-454-5511 TDD
208-4545515 FAX

**INTERSTATE CONNECTIONS**