THOUGHTS ON DISABILITY

It's not about people with disabilities dealing with disability - it's about people with disabilities dealing with life!
THE SUBJECT OF INDEPENDENCE

When you broach the subject of independence, you realize how individual the meaning of that word is. We've all experienced a toddler who "wants to do it for myself". And we proudly stand back, let them work at, watch them fail sometimes, and are understandably proud when they succeed. Or we have seen the teenager who defies conventional wisdom, rebels against their parents in their fight for independence.

We look at those things with nods of understanding, we've all been there, it's a part of life, etc. But when an individual with a disability does the exact same thing, why do we view that differently? Why is it not ok to let them try and possibly fail, to not step in until asked to help? As individuals, they want to do for themselves without judgement and intervention. At some point they may ask for help, and they may not. It's important to respect that people want to do as much as they can for themselves, even if they can't do everything. These things can make them proud about being independent, things they would miss if they were no longer independent.

"I was thrilled to play Louis Canning (The Good Wife), a lawyer who uses his Parkinson's-like symptoms to manipulate juries. He was so crass - I loved the idea that disabled people can be a--holes, too." ~ Michael J. Fox, who is living with Parkinsons.
COMMUNITY EVENTS FOR YOU!

JANUARY 2022

Jan 10th    - Parkinson’s Disease Support Group  
             St. Josephs, Lewiston Idaho

Jan 13th    - Cops and the Blind  
             Training for First Responders

Jan 14th    - Safe Snowboarding for Kids  
             Tips to prevent a TBI

Jan 14th    - Empowered Relief Workshop  
             Train your brain away from pain

Jan 29th    - IceClimbers in McCall  
             Ice skating for kids with disabilities

Jan 31st    - Mental Health Monday  
             Virtual online support group

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

Fred Riggers Day  
SAVE THE DATE!  
February 2, 2022  
 Boise, Idaho
DAC NW - CHANGING A RESPONSE

In the United States, 50 percent of people killed by law enforcement are disabled, and more than half of disabled African-Americans have been arrested by the time they turn 28. A person with a disability may have trouble responding or communicating with first responders, resulting in a misunderstanding with the law. The ISAAC Foundation, based out of Spokane, WA seeks to change that. They have been providing training to first responders about the challenges of interacting with people who are blind, deaf, or have autism. They are providing free training with the help of Courageous Kids Climbing, another great group out of Boise, Idaho.

The first training will be held **January 13th in Clarkston, Washington** and focuses on interactions with people who have visual challenges or are blind. The training will last approximately 45 minutes and will include hand-on training with Caleb Hyndman, 14, of Lewiston. Any first responders are invited to attend and sessions will be held at 2:00 pm, 4:30 pm and 7:00 pm to accommodate shifts and volunteer firefighters. Reservations are encouraged.

The second training is **Autism in the Wild at 1-5pm on February 26th in Clarkston, Washington**. This multi-faceted program strives to do more than simply identify the inherent challenges first responders face when interacting with members of our community touched by autism and other disabilities. It will provide training on effective interaction techniques. Reservations are required.

Disability Action Center NW will be on hand at both events to provide free visor cards to people who are hard of hearing or deaf. These cards can be kept in your car and used to inform an officer immediately of your needs for communication. Information on other disability rights will be available.

For reservations contact courageouskidsclimbing@gmail.com

YOUR KEY TO INDEPENDENCE!
LINC - OPEN ARMS DANCE PROJECT

Open Arms Dance share their passion for transformative dance with the greater community as a reminder of shared resilience in the face of challenges. Their company of dancers include people with diverse bodies, ages, and abilities that create powerful art together. They have created several amazing films, including Root-Grow-Release-Repeat, that have earned the Syringa Award. They will be exploring the power these films have in sharing their mission beyond Boise. They have been providing affordable inclusive CommUnity dance classes that welcome people of all ages, with or without physical and intellectual disabilities.

But the best is still to come! They will launch the Open Arms Ambassador program, empowering dancers from their company to assist in teaching and public speaking. This month, Open Arms will be the artist in residence at LED's Artist Haven, collaborating with a local choreographer. This center provides space for artists to explore and dive into their creative processes. Another collaboration with Wassmuth Center for Human Rights will present Be an Upstander, an anti-bullying curriculum using dance. An Upstander is someone who is a defender, advocate, and supporter of human rights. The project includes some 86 students, with 11 different languages spoken, films and live performances and even a mini-documentary of the whole project!

You can find their films on their YouTube channel https://www.youtube.com/channel/UC26ET1_R47WFXU77zrmcw/videos
For more information visit http://www.openarmsdance.org

EMPOWERING INDEPENDENCE
When the Americans with Disabilities Act (ADA) was signed 31 years ago, it provided historic civil rights protections for disabled Americans. However, Americans with disabilities still face barriers in fully participating in their community. December 3rd, the United States partnered with other governments, civil society and experts across the globe to discuss disability inclusive democracy around the world.

They looked at improving the accessibility of voting, increasing support for disabled political leaders, and expanding civic engagement.

2022 will be the Disability Inclusive Democracy Year of Action. This action plan lays out best practices and recommendations for the United States to engage civil society, multilateral partners and the private sector to promote inclusive, equitable, and accessible democratic principles and practices. The federal government will be advancing diversity, equity, inclusion, and accessibility (DEIA) across the board to eliminate barriers employees encounter.

Is there a form of discrimination you want to challenge? What about marriage equality? If a person with a disability receiving SSI/Medicaid marries, they may lose their benefits. It is important for the disability rights movement to start advocating for marriage equality so that all are able to marry if they want to and receive the healthcare benefits needed to live. Disability rights and LGBTQIA+ rights activists need to work together because this issue impacts queer people receiving benefits, whether they identify as disabled or not. As long as disabled people are at risk of losing benefits, full marriage equality does not exist in the United States.

Working for Independence, Equity, and Justice!
LIFE, INC
OFFERING CLASSES IN THE NEW YEAR

**Idaho Falls**
Sandy
250 S Skyline
Idaho Falls ID 83402
208-529-8610
Soft Skills Class- Communication Monday, January 10, 2022, 2:00 – 3:30pm
Crafts Class Wednesdays January 12th, 19th, and 26th, 11:00am-12:00pm

**Blackfoot**
Priscilla
129 N Broadway St
Blackfoot, ID 83221
208-785-9648
Soft Skills Class- Communication Monday, January 24, 2022, 2:00 – 3:30pm
Crafts Class Wednesdays January 12th, 19th, and 26th, 11:00am-12:00pm

**Pocatello**
Maria
5210 Stuart Ave
Chubbuck ID 83202
Soft Skills Class- Communication Monday January 31st, 2022, 2:00-4:00pm
Crafts Class Wednesdays January 12th, 19th, and 26th, 11:00am-12:00pm

To sign up for a class or for additional information on these classes or upcoming classes please call the respective office!

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A CENTER FOR INDEPENDENT LIVING
A business has obligations under Title III of the ADA to remove barriers to services and programs. Under local law, municipal ordinances, or even a commercial lease, businesses can be responsible to remove snow. Depending on local codes, most businesses understand they are responsible for clearing the sidewalk. But in many cases, they draw the line where the sidewalk ends and the street begins.

Local governments are responsible for clearing streets. But after a major snowstorm, the dividing line between street and sidewalk gets confusing. Snow plows contribute to the problem by pushing snow to the sides. As a result, a pedestrian may traverse the sidewalk safely only to be unable to cross the street.

The ADA states that a route into the business must be made accessible. A route is not just the sidewalk. A route includes the accessible parking spaces, pathways from parking, and pathway to business entrance. Accumulations of snow or ice make it impossible for someone in a wheelchair or other mobility device to get through the snow. Temporary or isolated periods of inaccessibility can happen but must be cleared in a reasonable period of time. If the business leases space, and the landlord is responsible for removing snow, the business cannot absolve itself from the responsibility for compliance. Both are open to a lawsuit. Best advice is to keep parking and pathways clear of snow.

As a person with a disability and self-advocate, I urge you to work together with your community leaders and policy makers to ensure snow removal plans are in place and followed. A good idea is meaningless without the courage to act! You must speak up! Wishing you safe travels! NW ADA Center-Idaho, Dana Gover MPA

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

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

SNOW REMOVAL
It's important to spot unsafe conditions that could lead to slips and falls, and do what you can to prevent them. You can lose your balance and fall, trip over objects, or simply fall from an elevated position to the floor.

To avoid falls, be on the lookout for spills: deposits of water, food, grease or oil, soap, paper and other debris. Even small quantities can cause a fall.

When you come into a building from outside, clean your footwear thoroughly. Have a doormat by each entrance for wiping shoes.

Trash or unused materials left in hallways invite falls. Extension cords, tools, medical equipment, wheelchairs and other items should be removed. Keep trash bins out of walkways.

For stairways, always hold on to the handrails. If you are carrying a heavy load, take several trips or find help.

The worst falls are from elevated positions like ladders and can result in serious injury or death. Practice ladder safety. Make sure the ladder you are using is the proper height and in good condition. Keep it on a firm surface. For a leaning ladder, keep the base one foot from the wall for every four feet of height. And don't over-reach. Never climb the ladder with your hands full.
It has been a LONG two years and we are all excited to get out into the communities of Idaho and talk with people again (from an acceptable distance). 2022 is the year that the Network of Centers, SILC and partners start planning the next State Plan for Independent Living (SPIL). The SPIL brings the Network of Centers, SILC, and partners together as a unified force to improve the quality of life for, and amplify the voices of, all Idahoans with disabilities from our cities to our most rural communities.

This is where we need you..

The SILC and your local Center for Independent Living will be hosting Town Hall meetings around the state throughout 2022, and your voice is needed. We cannot guess what barriers each person and community are facing and we want you to tell us. Changes can't be made by keeping concerns to ourselves. Keep an eye out for dates and locations in upcoming IL Newsletters and we will also have a survey online or you can call our office to take the survey over the phone. The more information we have, the more of an impact we can all make.

Stay tuned and we hope you have a healthy and happy 2022!!!

Save the date!
Fred Riggers Disability Awareness Day
February 2, 2022 9am-1pm First Floor Capitol Rotunda

Come by to learn more about the emerging issues impacting people with disabilities such as the housing crisis, direct care workforce shortage, and digital accessibility for improved access to the legislative process. We will be hosting an awards ceremony during the event presented by members of the CID, recognizing influencers throughout the community.

We look forward to seeing you at the annual Fred Riggers Disability Awareness Day event!

PROMOTING INDEPENDENT LIVING FOR ALL IDAHOANS
NEW WARMING SHELTER OPENS IN LEWISTON

The LC Valley Adult Resource Center is now open and provides overnight accommodations for up to 20 individuals each night in the Auxiliary Dining Hall located at 1220 21st Street. The hours are 7:00 pm to 7:00 am through March 31, 2022. This is a low-barrier service, meaning the only barrier to entry is compliance with safety policy. Guests whose most recent address was in Nez Perce County or Asotin County will be granted priority entrance. All guests stay in the same room, with the dimmed lights on (eye masks/ear plugs will be provided). Two trauma-informed team members ensure safety through the night.

LC Valley Adult Resource Center is working on finding a permanent space to be able to expand its services to facilitate immediate connections with partnering service providers for housing, recovery, legal aid, mental health, and more. They welcome donations of cash (with matching funds available) and warm socks, hats, and gloves.

The services provided by these community partners are critical in solving the homeless crisis. Understanding how someone becomes homeless, can direct the services where they are needed to prevent a crisis, while enabling existing resources to be more efficiently used. This improves the community as a whole. If you are interested in helping, you can contact Avenues for Hope https://www.avenuesforhope.org/organizations/lc-valley-adult-resource-center

"We need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in"
~ Desmond Tutu.
ASSISTIVE TECHNOLOGY FOR COMPUTERS

KEYBOARD GUARDS

The keyboard can be the biggest barrier to someone with a mobility impairment. A keyguard is a plastic or metal shield that fits over a standard keyboard. Holes are drilled in it to help a person with poor dexterity or hand control press only the desired key without inadvertently pressing other keys. They are available in a variety of forms to fit most standard keyboards.

Available in prices from $35 - $85.

www.keyguardat.com

STEADY MOUSE SOFTWARE

This software makes it easier for someone with hand tremors to use a mouse. It filters out shaking motions allowing smoother control of the cursor. By detecting and removing shaking motion before it reaches your cursor and blocking accidental clicks, it takes the entire mouse experience from a chaotic battle to an enjoyable reality. It comes in three versions. Steady Mouse 1 is free. Steady Mouse 2 is $43 and Steady Mouse X is $127.

www.steadymouse.com

STUFF TO MAKE LIFE EASIER

INTERSTATE CONNECTIONS
Adaptive skiing uses specialized equipment and/or training to allow people (with disabilities) to experience the benefits of skiing. Skiing and snowboarding provide a sense of freedom that is difficult to duplicate in other sports. Adaptive Adventures provides day lessons, clinics and multi-day camps from beginner to expert skiers and snowboarders across the country. 
https://adaptiveadventures.org/alpine-skiing-and-snowboarding/

The exemplary balance and control characteristics that make the skibike a favorite of the able-bodied, also create an excellent platform for riders with certain types of disabilities. The opportunity exists for many people, who may have thought that their skiing days were over, to be able to get back out on the slopes and play...
http://www.ski-bike.org/adaptive.html

Did you know cross country skiing is adapted for those with disabilities? The Nordic sit ski is a fun alternative to typical downhill skiing. There are different kinds of equipment designs to support a wide variety of users such as people with and without legs, people of different sizes, and so on. Short poles are used to propel you forward.

Where to go to try out adaptive equipment? Look Out Pass rental facility can provide adaptive equipment with sufficient advance notice. Their Snow Sports School can provide instruction in the use of such mobility devices when requested in advance to ensure qualified instructors are available. There is a road accessed handicap ramp on the uphill, north side of the base lodge with adjacent parking that is available during our summer season. https://skilookout.com

Schweitzer Mountain offers a full spectrum of adaptive skiing. One on one instruction on bi-skis, stand-up outriggers, a strider, and stand-up tether equipment. (Monoski available with advanced notice.) They also offer a ski buddy program for independent adaptive skiers and guiding services are available for visually impaired skiers and boarders.
https://www.schweitzer.com/plan/adaptive-lessons/

GOT A MINUTE? CHECK THEM OUT!
If you’re the parent of a child with a disability, you likely face childrearing challenges regularly. As a result, your fatigue level could be rising. By learning to assess your fatigue level and create a functional self-care plan, you can keep your energy levels up, restore your mental clarity, and maintain your emotional health.

Assessing Your Fatigue Level
While assessing your fatigue level may seem like a challenge, it isn’t as difficult as it appears. Ask yourself a few key questions, allowing you to reflect on your current situation, your mood, and more. Has my parenting effectiveness changed? Am I experiencing symptoms of anxiety or depression? Is my marital satisfaction declining? How’s my child’s sleep quality?

By reflecting on questions like that, you can estimate your mental, emotional, and physical wellness. Then, you can take steps to stave off or overcome the relating fatigue.

Self Care Tips for Treating Fatigue

Embrace Micro Self-Care - As the parent of a child with a disability, finding time for self-care can be challenging. That’s why micro self-care can be such a great fit. The activities only take a few minutes to complete, allowing you to squeeze them in with ease.

One great example is a short deep breathing exercise. You can do it anywhere, and it only takes a moment or two. The same can apply to sun salutations, a short yoga flow series designed to help you recenter and relax.

Keeping a motivational quote in a place you look at frequently, like your desk or fridge door, is another simple option. The same goes for changing login passwords to remind you of things you love.

Pursue Personal Goals - Spending time pursuing your personal goals can be an excellent form of self-care. It allows you to focus on yourself and move toward an objective that you want to achieve. If you want to take your career to the next level, getting a degree online is an excellent way to make that personal goal a reality. If starting your own business is a goal, consider forming an LLC. You can get tax benefits while reducing liability.

Unwanted Outcomes to Avoid
It’s important to note that there can be unwanted outcomes to self-care. If you begin leaning too heavily on your spouse or support system, an imbalance can occur in the relationship. As a result, resentment can build.

Prioritizing self-care over legitimate responsibilities is also problematic. If you’re neglecting key duties in the name of self-care, a challenging situation can quickly become worse. Self-care alone may not be enough if you’re suffering from clinical anxiety or depression. Similarly, if you have an undiagnosed physical ailment leading to fatigue, self-care isn’t sufficient. As a result, if your fatigue persists even after participating in self-care, seeing your doctor is necessary.
CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING

www.dacnw.org

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208-457-3893 FAX

330 5th Street  
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www.lincidaho.org

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