AUGUST IS NATIONAL WIN WITH CIVILITY MONTH!

People being civil to other people is what makes the world a whole lot better and is the key focus of National Civility Month, which is held in August each year. It is well-known that civility is a social lubricant that enables us to get along and discuss things better. Civility is a polite act or expression using kindness, empathy, and respect. Consider the way you conduct yourself when faced with adversity. Adversity never happens to people with disabilities, right? Wrong! Adversity is everywhere, and to make systemic change we have to remember we will get further using civility.

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From the Editor….  
BY VICKI LEEPER

INDEPENDENCE BOOSTS HAPPINESS
This quote from the book *The Happiness Advantage* by Shawn Actor, sums up the meaning of Independent Living and why it is so important to society. "But perhaps the most eye-opening example of how powerful the perception of control is doesn't come from the business world - it actually comes from the elderly. In one incredible study, researchers found that when they gave a group of nursing home residents more control over simple tasks in their daily lives - like putting them in charge of their own house plants - not only did their levels of happiness improve, but their mortality rate actually dropped in half. It's hard to find a circle of control smaller than caring for a house plant, and yet feeling mastery over even that tiny task actually extended their lives."

This is what we strive for at a Center for Independent Living. Giving YOU control over your life, your choices, your decisions. I

"Don't ever forget you are a citizen of this world, and there are things you can do to lift the human spirit" ~ Aaron Sorkin, American Playwright
COMMUNITY EVENTS FOR YOU!
July 2022

Aug 6th  - Kind Your Mind Festival
           Nampa, ID

Aug 8th  - Parkinson's Disease Support Group
           St. Joes, Lewiston ID

Aug 15th - Mental Health Mondays Peer Group
           Lewiston, ID

Aug 20th - Unity in the Community
           Riverfront Park, Spokane, WA

Aug 22nd - Identity & Trauma affects who we are
           Virtual online event

Aug 24th - APRIL Lead On Collaborative Starts
           6 week online course

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

Save the Date!
Independent Living Conference
G.O. * Get Outside!
September 14-15
DAC NW - FINDING YOUR INDEPENDENCE

Today I began a new life. With the help of Disability Action Center NW, I regained my freedom.

My name is Donna, and I have MS. It has been a slow progression, most days not noticing that I was getting worse. MS is a cruel disease, the changes are so gradual that you don't notice - until one day you wake up and realize you can't walk very far anymore, you can't keep the plans you made, you are going to have to use a walker to cross your lawn...

I chose to give things up, rather than admit I needed help. A friend's well intended words about my inability to do my job properly were the wake-up I needed. I do community outreach and am active going to meetings, attending and holding events, going on tours. Not being able to do that with the rest of my group was a "red flag" that I was missing out on my life.

So I called DAC NW to ask about funding for a wheelchair, as I could not afford one. To me, this symbolized giving up and letting my disease win. But I came to realize the wheelchair is only a tool. It does not define me. It helps me return to the part of my life I had given up. It returned my freedom.

The Post Falls office had a motorized chair for me. The thought of having someone push me anywhere, even for a short distance was unthinkable to me. I picked up the chair and after bumping into a few walls, and "opening it up" in the parking lot, we got it loaded and I took it home. For someone with a disability, things like canes, walkers and wheelchairs are life changing necessities. Thank you to DAC. Words can't really capture my feelings!

YOUR KEY TO INDEPENDENCE!
LINC - A NEW AMERICAN CITIZEN & COLLEAGUE

By Jen Grushdale

Cecile's story begins in the Democratic Republic of Congo, where she was born during their civil war. While her mother was running with Cecile in her arms, they fell into an 8' hole, injuring Cecile's spinal cord.

Eventually, the family arrived in a refugee camp outside Kampala, Uganda. While it did get them away from the fighting, conditions in the camp were poor. At age 6, Cecile began to get sick and by age 7, she was no longer able to walk. Wheelchairs were not common in the camp, and Cecile spent several years crawling, scared about what the future held.

Four years later, someone from the UN gave her a wheelchair and she was able to move about the camp more easily.

In 2015, Cecile, her mother and brother were chosen to come to America. "I was excited, scared, and sad. I would have a new life, but there was too much I didn't know and I would never see my friends and the rest of my family again."

Upon arriving in 2016, Cecile began her first formal schooling at Borah High School. She met other students who also spoke Swahili and she learned English. By 2019 she was a high school graduate!

Not long after graduation, Cecile became the mom to a little girl, Victoria. "I love being a mom and my life in America."

Big things continue to happen for Cecile. After many years, she has recently become a U.S. Citizen! When I asked Cecile what her future plans are, she wrote me: "For future I want God to bless me to save money to buy a house for myself and my daughter and find a way to pay for my college and finish my school.

Cecile recently changed positions at LINC and is now the Boise front desk receptionist.

EMPOWERING INDEPENDENCE
A 504 plan is protected under a civil rights law that prohibits discrimination due to disability in public schools, among other entities. For students with disabilities that require specially designed instruction the Individuals with Disabilities Education Act (IDEA) controls the procedures.

To qualify for an Individual Education Plan or IEP, students must have a disability that falls into one of 13 categories: Autism, deaf-blindness, deafness, emotional disturbance, hearing impairment, intellectual disability, multiple disabilities, orthopedic impairment, other health impairment (includes ADHD), specific learning disability (dyslexia, dysgraphia, and others), speech or language impairment, TBI, and visual impairment.

A 504 plan does not provide specifically designed instruction like an IEP does. It provides accommodations that aid in improving the learning environment. A 504 plan should be updated annually.

Examples of accommodations in 504 plans include: Preferential seating, extended time on tests or assignments, reduced homework or classwork, verbal, visual or technology aids, modified textbooks, behavior management support, adjusted class schedules or grading, verbal testing, excused lateness, absence, or missed classwork, nurse's office visits, occupational or physical therapy. There are many more options for accommodations. A comprehensive list can be found at School Accommodations and Modification.

The law specifically allows others who "have knowledge or special expertise regarding the child" to participate on the IEP team. Family, friends, school personnel, therapists and other advocates. You can invite any support people to attend meetings.

The process for qualifying for an IEP or 504 Plan is long and stressful. Please contact INDEx for more information about Section 504 or if you would like assistance in developing an IEP or 504 Plan. Call 509-606-4639 to schedule an appointment.

Working for Independence, Equity, and Justice!
LIFE, INC - ACCESSIBLE GAMING

Over the years, father Andreas Karlsson spent hundreds - if not thousands - to buy adaptive gaming equipment for his son Oskar. Adaptive controllers that are currently on the market are expensive and not necessarily made to meet all disability needs. Andreas, whose son has spinal muscular atrophy type II, began modifying controllers himself and even built one on his own. Now he and his son have agreed to work with Nintendo Switch and Android devices to develop a new accessible controller.

The result of their collaboration is the **Lite SE**. This controller is designed for physically disabled players with limited strength and mobility. Joysticks and buttons have increased sensitivity, every button is located on the front of the device, and a non-slip rubber mat is on the bottom so players can put it on a flat surface like a tray. AND IT ONLY COSTS $35!!

Oskar uses it to play Super Smash Bros, Ultimate, Pokemon, Roblox, and Minecraft, but his father Andreas notes what works for his son might not work for all players with physical disabilities. He hopes this work will encourage more companies to recognize the market out there for adaptive controllers and gaming equipment.

You can read the whole story about the quest to create an accessible controller at **Wired/Fast Forward**.
Healthcare services are not always accessible to those who are deaf or hard of hearing. With the recent pandemic, the move to remote healthcare services by phone and mask wearing, access to healthcare communication has become much more difficult. Roughly 75% of Americans have used tele-health at least once in the past two years. For those who are deaf, the use of a video relay service typically uses an interpreter who has not had the specialized health care interpreting certifications for video visits with their health care providers.

Another assurance for communication is the inclusion of real-time captionists to ensure effective communication between the provider and the deaf patient occurs. Healthcare providers who do the right thing to ensure accessibility make it clear they will provide captioning and interpreters. Patients should not have to ask. It's a struggle for some people to request the service. Part of it is they think the provider will have no idea what they're talking about. The other part stems from the discomfort with asking or not wanting to put people out.

At a minimum, a telehealth platform should include a chatbox and a way to share files. Even if the platform has auto captions, it still needs a chatbox. Captions will not get some terms right and the chatbox allows the provider to enter the correct term. The ability to customize the text in the chat is important because some people require larger text or a different font.

Now it's possible to use a different platform from the doctor's own for video calls as long as it's HIPAA compliant. To determine if a platform is HIPAA compliant, check with the company.

Healthcare is the one facet of our lives that we should never settle for less and not have all the information we need. It could be matter of life and death.

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

Policy Spotlight!

On June 30th the House Appropriations Committee approved the FY 2023 Labor-HHS-Education and Related Agencies Appropriations bill. What does this mean? This bill includes $14.2 million for Lifespan Respite Care. That's over $6 million more than in 2022. And it includes $230 million for the National Family Caregiver Support Program, $36 million more than in 2022.

This is a direct result of the work from the Idaho Caregiver Alliance. The mission of the Idaho Caregiver Alliance is to improve access to respite and connect caregivers with information and resources.

Counties:
Ada
Adams
Baker
Claine
Boise
Canyon
Elmore
Gem
Jerome
Melheur
Owyhee
Payette
Twin Falls
Valley
Washington

Be sure to thank the House Appropriations Committee, including Idaho Congressman Mike Simpson for their support of the bill!

The Idaho Caregiver Alliance have been working on a Community Needs Assessment Survey to find out information about what services are needed and where barriers are to resources in a number of counties in Idaho. If you live in one of the counties listed, you can take the survey to help improve services. It should only take about 10-15 minutes to complete. You can find it here.

SERVICES YOU CONTROL!
IDAHO SILC - STATE PLAN FOR INDEPENDENT LIVING

It's that time of year again. Hearing news stories about fires, floods, windstorms, excessive heat and more. Are you prepared for an emergency? Would you be ready to evacuate at a moments notice? Are you sure about how you would receive emergency information should phone lines go down? The Idaho SILC works to promote emergency preparedness for people with disabilities. If you don't look out for your needs, who does?

The silc.idaho.gov website has a wealth of information to start your emergency preparedness plan. There are 4 steps you need to work through to be prepared.

Step 1: Your Personal Assessment. This checklist takes you through what equipment you might need, who are the people that will help, and special food, medicine and pet needs you may have.

Step 2: Emergency Plan. Then you build your plan for various emergency needs.

Step 3: Emergency Kits. Having a Go Bag is important. This lists everything you may need to have in it, including important documentation.

Step 4: Stay Informed. This gives you places to sign up for emergency alerts in your area. You can have them come to your in-box or phone. And find sites you can visit to find out what's going on in your area.

This information is accessible and provided in several languages.

For more information, check the website here: www.silc.idaho.gov

PROMOTING INDEPENDENT LIVING FOR ALL IDAHOANS
Sunflower Lanyards now at SeaTac

Sunflower lanyards discreetly signal to airport staff that the wearer, or a member in a group, has a hidden disability and may need additional support and patience. Whether your hidden disability is sight loss or a hearing impairment, not being able to stand for long periods of time or autism, PTSD, or hearing loss. Program participation is voluntary. Passengers may request free Sunflower lanyards at the pre-security information desk between Checkpoint 3 and Checkpoint 4 (near the Starbucks and US Bank) and the post-security information desk in concourse A (near gate A5).

These lanyards are recognized at a growing number of US airports, including Miami, Minneapolis-St. Paul, Orlando, San Jose and more! Find out more at https://hiddendisabilitiesstore.com

The Airport Social Story and Resource Guide is designed for traveling through SEA during a world of mask-wearing and physical distancing. This brochure is designed for travelers with autism to repeatedly review with their family/caregivers prior to travel. Though, it can certainly be used by anyone who might find it helpful.

The Sensory Room at SeaTac is provided as a calming environment for those who may feel overwhelmed, overstimulated, or find the need recenter from the multitude of sights and sounds of the airport travel experience. The Sensory Room is located on the train level of the A Gates STS Station in the long hallway near the elevators. You can use our interactive map for step-by-step directions.

SEA is proud to work with several therapy dog teams certified through the Pet Partners program. Pet Partners volunteers and their animals train to offer a friendly face and a moment to relax in a busy airport environment.

And always prepare for your travel 72 hours in advance with TSA Cares, a helpline that provides additional assistance during the security screening process. 855-787-2227

As we all get back into the mode of travel, whether for work or for vacation, knowing these resources are out there can make travel a little easier.
ASSISTIVE TECHNOLOGY FOR EVERYDAY LIVING

HANDY BAGS FOR TRAVEL
The wheelchair pouch is designed for both manual and electric wheelchairs. Instead of hanging on the rear handles, it's easy to reach up front. It is combined with an inner shell which allows you to use it with just one hand. It is safer and more durable to hold your personal belongings. The pouch has one compartment with a divider inside and is designed to carry important belongings that you need within your reach: Wallet, Keys, Phone, etc.
$59.00 from www.arthritissupplies.com

The Handy Bar for Transfer
The HandyBar provides users with stability and balance while standing or sitting from any vehicle. Sitting parallel to the car when inserted into the door latch, the assist grab bar increases leverage to stand from a sitting position. Easily store the 1-pound support aid in the glove box, door compartment, or any purse to take while traveling. Simply insert the metal tip of the HandyBar into the U-shaped door latch striker of any car, truck, van, or SUV Available at MDMaxx.com for about $25.00

STUFF TO MAKE LIFE EASIER
CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING

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