November is National Family Caregivers Month

This is a time to recognize and honor caregivers across the country. Let's work to raise awareness about the need for increased pay and recognition for in-home caregivers. This year's theme is "Caregiving Around the Clock". Consider offering a workshop for caregivers, connect them with local services, give respite breaks for their own self-care. Let's show our support for this important job that brings independence to so many.

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Plus lots more!
MEDICARE FOR ALL

The problem is not that our corporate insurance companies are doing something they shouldn’t. They are simply doing too much of what they were created to do—generate wealth for their owners. And, unlike any other wealthy country, we let them do it. The dilemma of the US health care system is due not to a failure of capitalism or corporatism per se, but a failure to implement a public policy that adequately constrains their excesses.

We must ask ourselves: How is it that we spend more on health care than any other nation, yet end up ranking near the bottom on a variety of health indicators including infant mortality, life expectancy, and preventable mortality? Although Medicare is not perfect, for those with little or no insurance, it would mean not risking bankruptcy should they get sick. Let’s keep moving forward on it!

"When you meet one person with autism, you've met ONE person with autism. That's just it - it's a spectrum". ~ Rosie O'Donnell, mother, actor, activist
COMMUNITY EVENTS FOR YOU!

November 2022

Nov 6th    - Voting for Survival Fest  
Cracker Bldg, Spokane  WA

Nov 10th   - 6 Week Mental Health Support Group  
DAC Office, Post Falls,  ID

Nov 12th   - Battling for Buddies Fundraiser  
Moscow Moose Lodge, Moscow,  ID

Nov 17th   - Alzheimer's Support Group  
Lake City Center, Coeur d'Alene, ID

Nov 22nd   - Family Support for Mental Health  
Virtual Online Zoom Event

Nov 30th   - Healthy Living for your Brain & Body  
Pullman Senior Center, Pullman  WA

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

Autism in the Wild  
January 26th  
1pm - 5pm  
Asotin Fire Station  
Clarkston, WA
DAC NW - A PICTURE OF SUCCESS

Our Lewiston office has a great success story to share! A consumer we have been working with contacted us to share that he's been doing well. He has now started his own business in Moscow, opening **Gem State Tattoo**. "Something I've been studying and going to school for since I was released from Prison," Byron Waters said. "I want to thank you and DAC again for all the support you have given me, allowing me to be where I am now. Without that help I can't imagine where I'd be at this point in life.

But the future is bright and DAC and yourself has played a major roll in my life and where I'm going."

DAC NW has helped with finding resources for him, providing independent living skills and a lot of encouragement. As a person recovering from substance abuse, he says "I'm in the best frame of mind that I've ever been. I know I've worked my butt off to get here. But DAC gave me a way and an avenue to get it done. For that I'm truly grateful."

Our goal is to help anyone with a disability achieve the independence they want. If you find you are facing a barrier, or just don't know where to start, contact an Independent Living Advocate at Disability Action Center NW.

YOUR KEY TO INDEPENDENCE!
LINC - HOW WILL YOU MAKE A DIFFERENCE?

IN 2014, President Obama declared November National Family Caregiver Month. This has been used to recognize and honor the 53 million unpaid family caregivers, spread awareness about caregiver issues, educate the community, and strengthen support for caregivers.

Who are Caregivers?
- Young adult children who care for siblings
- Grandparents who have guardianship of grandchildren.
- Adults who care for their parents
- Neighbors who assist the elderly couple next door
- Parents who care for their adult children
- The spouse who supports their partner

No matter the situation, caregiving in any form can be both a joy and a sacrifice. Here are some tips you can use to support the caregivers in your life!

1. Provide emotional and social support. Listen without judgement, give them a safe space to be heard.
2. Volunteer to assist the caregiver. Bathing, shopping, working, to do lists - offering to help gives caregivers a safe space to ask for what they need.
3. Offer to take a chore or duty off the caregiver's list. As many as 61% of caregivers work another job. Offer to do their grocery shopping, shovel snow, or do dishes so they can focus on another task.
4. Take the caregiver on a short trip or outing. We all need a break sometimes, planning an outing while ensuring the care recipients are properly planned for is a great way to provide a break.

Sometimes more help is needed. And that's where Family Caregiver Navigator comes in! It connects you to resources throughout Idaho to improve their quality of life. Learn more by visiting their website.
INEx
RAISING CHILDREN WHILE DISABLED

INEx is proud to announce a private Facebook Group for parents who have disabilities. This is a safe place to ask questions and hear back from your peers what may have worked for them. This private Facebook group is for parents who have a physical, psychological, cognitive, or neurological disability, any visible or invisible disability or impairment. It welcomes parents who have children of any age. Perhaps you have an experience that could prove helpful to someone.

There is an estimated 4.1 million parents in the United States who have disabilities. One of the most alarming barriers to parenting for people with disabilities is the increased risk of having custody of a child challenged or removed based on bias regarding a parent’s disability status. This is a particular concern for poor parents who cannot secure private legal counsel, as well as parents with highly stigmatized disabilities such as intellectual or psychiatric disability.

This group is designed for parents to find resources, information, and peer support from those who have lived experience raising their children while disabled. Because it is virtual, it is available 24/7 to ask a question or learn about resources. In-person meetings will be held on future dates based on availability of child care. You will find it on Facebook.
Makenzie Ellsworth, a Magic Valley resident who was injured in an automobile accident when she was 15, is also a wheelchair tennis player and an avid Cross Fit participant. Simply put, Ellsworth is an athlete, one who makes pull-ups look easy. Ellsworth is also a program coordinator at St. Luke’s Magic Valley Medical Center, where she is a member of the safety and well-being team.

And now Ellsworth is adding Actress to her resume. Ellsworth is featured in the movie “Making Sense,” which was filmed and produced in Idaho and can be viewed on multiple platforms. The film is intended to be the first independent feature film to represent five elements of disability, played by disabled actors.

Doug Cole, who wrote the story 12 years ago, and the producers of the film chose to use disabled actors that each represented one of the five primary senses: sight, hearing, taste, touch and smell. Ellsworth plays a character lacking the sense of touch. “She’s incredible,” Cole said. ‘Her attitude is: ‘I had a car crash when I was 15 years old. It is what it is, and now I’m going to be a positive influence for people from here on out.’

The plot is about an aging neuroscientist facing the deterioration of his own cognitive senses and teams up with a group of young grad students in an attempt to find the key to remapping brain function, only to uncover something far more extraordinary. Though this will probably be her only acting gig, Ellsworth is proud of the work she put in – and the film’s message. “It was fun to be able to expose the world to the idea that people with disabilities ... we’re definitely not normal, but we’re still pretty cool,” she said.
Replacing adaptive or accessibility items that are damaged during a disaster is an important part of the recovery process. It helps people maintain or re-establish their independence and quality of life after experiencing a disaster. FEMA assistance for specific accessibility items does not count toward Housing Assistance or Personal Property. It is limited to the below items for homeowners and renters.

**For Homeowners:**
- Exterior Ramp
- Grab Bars
- Paved pathway to the home's entrance from a vehicle

**For Homeowners and Renters:**
- Accessible beds
- Raised toilet seats and shower chairs
- Accessible refrigerators and washers
- Computers and adaptive technology such as screen readers or adaptive keyboards
- Motorized or manual wheelchairs, or walkers
- Visual and/or vibrating fire signals

Assistance for other damaged accessibility items or medical equipment, such as CPAP, oxygen supplies, and catheters may be covered as well by FEMA’s Medical and Dental Assistance. For more information visit their website or call 800-621-3362.
Alzheimer's and UTI's

UTI's, or urinary tract infections, can cause changes in people living with Alzheimer's disease and other dementia. They are common among people with dementia, attributed to age and partly due to increasing difficulty with hygiene and personal care.

There are various signs and symptoms of a UTI, which can occur in women and in men. People with a UTI may experience burning when they urinate as well as a frequent, intense urge. They may also have back or abdominal pain. Changes in behavior could be due to a UTI fever and increased pain.

A sampling of instances:
> "When my mother has a UTI she sleeps all day. We can't get her out of bed, she will also stop eating."
> "Even falling and hallucinations can mean to check for a UTI."
> "Females often develop "silent" urinary tract infections. They are called silent because they usually have no symptoms of pain, no burning, no odor, no frequency, but there will be profound changes in behaviors."

The easiest way to get a sample for the doctor is with urine collection device, also known as a top hat, nun's hat, or urine specimen collector. It fits on the below below the toilet seat and has a little spout to pour into a the collection cup. Ask your healthcare provider for several cups and it will be easier to do this from home.

Generally, once the UTI has been treated with antibiotics, the person returns to their baseline and there is no lasting harm done.
It seems we went straight from Summer to what I not-so-affectionately call Finter (Fall/Winter)! Somehow the gradual cooling weather and move from summer shirts to cozy sweaters is now a direct move to winter jackets. With the quick shift, getting prepared for winter weather should definitely be on our minds.

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms include blizzards can bring extreme cold, freezing rain, snow, ice and high winds. These storms can last from a few hours to several days. Take time now to review emergency preparedness plans and take inventory of your supplies.

Prepare for Winter Weather: Insulate your home including caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke and carbon monoxide detectors. Have enough supplies in case you need to stay home for several days without power, including medications and pet supplies. Have extra batteries on hand.

In Case of Emergency: Be prepared at home, work or in your car. Have an emergency supply kit in your car. Include jumper cables, sand, flashlight, warm clothes & blankets, bottled water and snacks. And always keep a full tank of gas. There are many resources for you check out, here are just a few:

https://www.ready.gov/winter-weather
https://www.ready.gov/disability

You can also contact your local Center for Independent Living or the Idaho State Independent Living Council for more information.
APPLYING FOR A JOB WITH A DISABILITY

Marlijn van der Bok from the UK has some tips for people with a disability applying for a job. What is obvious to someone without a disability is a completely different story for a job seeker with a disability. You may feel that you are 1-0 behind. Sometimes you are not even invited for an interview or you don't make it through the first round because of your disability. Getting help with finding a job when you have a disability is especially welcome. That is why she has listed job application tips for people with a chronic illness, limitation or disability. With an employment disability, it is unfortunately a fact that you cannot perform all types of work. Someone who is blind will not become a driver, someone who is deaf will not become an interpreter, and someone in a wheelchair will likely not become a guide on mountain hikes. But of course, as a job seeker with a disability, there are plenty of jobs that you can do! Here are some tips for applying for a job with a disability.

Focus on what you can do: First, explore the answer to the question "What can I do?" To this end, you mainly focus on what you can do within the limits of your disability. For example, you may be able to complete a task, but you would do it differently and might require an accommodation. Therefore, think in terms of possibilities, and ask yourself to what extent you can perform your job properly. Also, be mindful that you don't work in a position that might make your condition worse: your health always comes first.

Don't mention your disability on your resume: list your education, work experience, a profile, and skills that may be relevant to the position. Whether you self-declare your disability later is up to you. Be sure to list your education, work experience, a profile, and skills that may be relevant to the position.

Marlijn has great ideas about preparing for an interview and more. You can check out her blog at resume.io.
WHEELBLADES
Wheelblades are small, high-end skis that attach to the front wheels of your wheelchair with one simple click. Wheelblades distribute the wheelchair driver’s pressure evenly onto the ground, preventing the small front wheels from sinking into the snow. The blades run over the ground with very little pressure and have no problem smoothing out rough spots. Wheelblades use two tracking channels on the underside of the skis to compress the snow and ensure stability. They are also extremely light weight and can attach in seconds to the vast majority of caster wheels. The adjustable clamp lock covers all wheel widths from 1.8 to 6 cm. or 3/4 inch to 2-3/8 inches.

$324.00 from www.Amazon.com

Super Telephoto Zoom for your Smartphone
This lightweight zoom lens can attach to your smartphone and turn it into binoculars! It allows you to birdwatch with ease. Includes night vision. To focus on the thing you need to observe, enable autofocus and blur the background. At night, you can use it normally with the Night Vision function. Attach to your wheelchair for easy stability. The retracted length is only 7.87 inches, which makes it easy to carry in a backpack or pocket when hunting, traveling, or camping.

Starting at $49.00 from www.edgehome.net
LINKS WORTH SHARING
FINDING EMPLOYMENT WHILE DISABLED

All job candidates should be considered equally. However, sometimes things that make you stand out as different, such as disabilities, may lead to misconceptions and prejudgment from interviewers and potential employers. Consider these six job search tips for people with disabilities to help you find and land the opportunity that’s right for you.

Maybe what you really need to find a job is some training. The Campaign for Disability Employment has a list of resources that can provide job training. From Adult Basic Education to apprenticeships, you might find the career you’ve been searching for. Plus tips for high school and college students transitioning to being on their own.

Have a career in mind but not sure how an accommodation will work? Even though things like the American with Disabilities Act is in place, it can still be difficult to land a job when you have a disability. This blog has information on where to start, like the Department of Labor or Voc Rehab, to what to look for and how to ask for an accommodation.

A good reason a business should hire a person with a disability is because the individual is a good match for a specific business need. In an article called Employing, Serving All Equitably: The Nordstrom Way, the author points out, "You may not have the very best person in the job if you didn't recruit any disabled job candidates." Learn about the tax incentives and more at this website.

People with disabilities often exemplifying the qualities employers seek, including adaptability and resourcefulness. What’s more, disability is diversity, and therefore a key component of workplace diversity, equity, inclusion and accessibility. To find out seven reasons to hire people with disabilities, check out this article in Forbes Magazine.

GOT A MINUTE? CHECK THEM OUT!
CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING

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