The ADA was passed 33 years ago, but its history goes back much further than that. While smaller grassroots efforts had been going on for years, by the 1960s, the civil rights movement had brought national attention to barriers in employment, public transportation, and housing. The Civil Rights Act of 1964 forbid discrimination on the basis of race, color, religion, sex, or national origin, but it left out individuals with disabilities. The Rehabilitation Act of 1973 made some headway when it prohibited discrimination on the basis of disability in federally funded programs, but disability advocates called for additional protections to ensure equal opportunities in other areas of public life. With the support of individual activists and groups like The Arc, the ADA was signed into law by President George H.W. Bush on July 26, 1990. The ADA was later amended in 2008 to protect a broader range of individuals with disabilities. Today, the results of the ADA can be seen in nearly every public space, from curb cuts in sidewalks, to ramps and elevators in buildings and closed captions on TV.
From the Editor....
BY VICKI LEEPER
ACCESS THE OUTSIDE

A friend shared a post with me about a device for hiking to carry a child (too large for a backpack) on the trails. A design engineer built the prototype for his daughter so they could continue their outdoor lifestyle as a family. But so many people stopped them and asked where they could get one that he left his job and started Huckleberry Hiking. They will be seeking out beta testers in the next few weeks. If you are interested, please send an email to hi@huckleberryhiking.com and include heights and weights of Sherpas and passenger, and where you are located.

And that's not the only way you can get involved. You can let them know about features you might want in future outdoor accessible products. You can tell your story about barriers you face in getting everyone outside. And be sure to join the Huckleberry Herd, donate a dollar, and get a discount when products are out!

QUOTES TO MAKE YOU THINK!

"I have not failed. I've just found 10,000 ways that won't work." ~Nikola Tesla, suffered with Obsessive Compulsive Disorder
COMMUNITY EVENTS FOR YOU!

JULY 2023

July 4th - Ice Climbers in McCall
Manchester Ice & Events Center, ID

July 8th - AT Decoration Drop In
The Hive, Spokane, WA

July 8th - Celebrate Love Event
Beachfront Park, Clarkston, WA

July 12th - Silver Valley ADA Celebration
Shoshone Crisis Center, Pinehurst, ID

July 20th - Alzheimer's Support Group
Lake City Center, Coeur d'Alene, ID

July 26th - ADA Annual Community BBQ
Portneuf Wellness Center, Pocatello, ID

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

Join us -
ADA Multicultural CELEBRATION
Bridging Communities
July 29, 2023, 11-3
Riverfront Park
Spokane, WA
DAC NW - ABILITY EXPERIENCE

Each year, more than 100 men embark on a cross-country bike trip to test their limits, spread awareness, and celebrate the abilities of all people. Disability Action Center NW was pleased to be on hand to welcome The Ability Experience to Pullman on June 11th. They had already cycled more than 350 miles. Volunteers prepared a great meal before they stayed the night at Community Congregational United Church of Christ.

Prior to arriving, the team spent some time with Ashley's House and the Tri-Cities ARC. They hosted a dance party, sing along, and yard games and had a great time with the residents and consumers. The Journey of Hope raises funds to meet their mission and impact the lives of people with disabilities where members of Pi Kappa Phi are involved in a meaningful way. The grants are presented to organizations that are at the forefront of service to people with disabilities.

YOUR KEY TO INDEPENDENCE!
LINC - STATEWIDE IL CONFERENCE REGISTRATION

By Jen Grushdale

Mark your calendars for September 13-14, 2023! Registration is opening soon! The folks at LINC are busy creating a two-day experience for folks with disabilities from across Idaho to learn more about independent living, develop friendships, come together to do systems advocacy and more! Plus a fun evening mixer!

Our day-one keynote speaker is Josiah Sullivan, a native Idahoan, motivational speaker and blogger “Overcoming speed bumps – Accept, Smile and Grow”. He shares his experiences as a person with a disability. He uses his sense of humor, and his dog “Sabrina” to engage with the audience. This conference will have workshops designed to teach you how to live your life on your terms, all while building a network of friends and advocates.

Early registration begins July 10 ($50), registration August 7 ($65) and registration closes August 23. This conference was designed for folks 15 years and older with the desire to grow. Obviously, service animals and support staff are welcome to join you.

Want to come but not sure how to make it happen? Contact your local center for independent living to develop a plan and locate resources to get you there! We are here to help you make this happen.

Emily Peterson – LINC (southwest & central Idaho), epetersen@lincidaho.org, 208-336-3335 ext. 103
Jolene Cliffe – DAC (northern Idaho), jolene@dacnw.org, 208-746-9033 ext. 103
Brianna Tamayo – LIFE (eastern Idaho), britamayo@IDLlfe.org, 208-529-8610

Hotel information and conference registration can be found at here.

We can’t want to see you!

EMPOWERING INDEPENDENCE
INDEx

ADA MULTICULTURAL CELEBRATION

July 29th INDEx and DAC NW will host the 33rd Anniversary of the Americans with Disabilities Act Celebration in Riverfront Park, Spokane. The event will start at 11am and run through 3pm. You can find us by the fountain!

> There will be a vendor/resource fair with over a dozen booths. We also will have FREE food including quesadillas, churros, shaved ice treats, plus free t-shirts for everyone while supplies last.

> Plan to stay a spell and listen to some vibrant multi-cultural music and entertainment. Inspiring guest speakers including Jerrall Haynes, the new Spokane Office of Civil Rights, Equity and Inclusion Director. Every year we present the Tom McTevia award to someone who has gone above and beyond to remove barriers and make outdoor recreation accessible for everyone. Tom McTevia was an outspoken advocate for accessible communities in the years before his death in 2015. This year the award will be presented to Courageous Kids Climbing, for their work making rock climbing, ice skating, and other activities accessible for kids of all ages to try. They offer free activities throughout Idaho and into Washington state.

> A kid's area with games and crafts, faceprinting, sidewalk chalk art and more will be set up in the shade. Be sure to check out the informative display about the history of the Americans with Disabilities Act and the Independent Living Movement all around the fountain. You just might learn something - AND will be rewarded! There are prizes for answering ADA Trivia throughout the event.

When you arrive be sure and check us out right in front of the fountain. You can receive your free t-shirt, tickets for food from our vendors, great information and help, and sign up for some free raffle prizes. These include gift baskets for picnicking, pet supplies and tea and comfort items.

"Disability is present in every culture, that's why we want to celebrate the many cultures in our area and how they intersect with disability," said Mark Leeper, Executive Director of Disability Action Center NW.

**Working for Independence, Equity, and Justice!**
It's time to celebrate the Americans with Disabilities Act with our Annual Community BBQ! This is a fully accessible event. Bring your family and friends. It will be held Wednesday July 26th and starts at 12 pm. Food will be served to 1:30 or until it's gone, so come early!

If you would like to request accessible materials, accommodations, or have questions call 208-232-2747.

A CENTER FOR INDEPENDENT LIVING
People with disabilities that enjoy the beach use these non-motorized wheelchairs to access bordering outdoor water activities. Several different versions of beach wheelchairs have been designed including pool wheelchairs, sand wheelchairs, and aquatic wheelchairs. They usually require users to be accompanied by someone pushing them, although several California locations offer motorized chairs which may be self-propelled. Typically, visitors may borrow the chairs on a first-come, first-served basis, at beaches or rental shops. Some beaches also accept reservations.

The Americans With Disabilities Act requires all state and local governments “to give people with disabilities an equal opportunity to benefit from all of their programs, services and activities.” The A.D.A. doesn't cover the provision of beach wheelchairs, but another law — the Architectural Barriers Act — applies to national parks with beaches, which must have an access route like a boardwalk or a mat.

You can contact the beach you are interested to go to, and see if they have one.
An epic fail means "a notable, obvious, and usually public failure." Though perhaps well intentioned, these fails can embarrass, isolate, and even endanger people with disabilities. We work to remove barriers so people with disabilities can live more independently in their own communities.
HOW TO ATTRACT, HIRE, AND RETAIN WORKERS WITH DISABILITIES
BY DEAN BURGESS

People with disabilities are an important part of the American economic environment. Unlike the workforce of the past, employers today understand the value that people with disabilities bring to the workforce. Here are some tips:

Write an Inclusive Job Description: Before you start your job description, make sure that your website supports visually and hearing impaired potential employees and is written so that those with intellectual and developmental disabilities can understand the role. Offer a PDF version of the description, too, since PDFs are the most accessible file type. Here is a free conversion tool to help with your search. Just drop in the file you want converted and let the tool work its magic! Then, add accessibility features to ensure everyone has access to the information.

Offer Remote Work: Many people with disabilities will appreciate the opportunity to work remotely. This can help them by allowing timing flexibility. Great jobs for remote workers include answering phone calls, social media marketing, and entering data. Consider job-sharing, as it may benefit several employees to work only part-time.

Offer Transportation Assistance: One of the many reasons that people with disabilities have a higher rate of unemployment than everyone else is that they often do not drive. Offer transit benefits to your employees, which Mobility Lab asserts is both affordable and can improve employee satisfaction.

Find an Organization that Supports People with Disabilities: No matter where you’re located, there is likely an organization that provides job training for people with disabilities. They may also offer job placement services, so enquire about being added to their job postings. Vocational Rehabilitation is available in all states.

Hire people with disabilities! People with disabilities produce high-quality work. Further, these workers often have unique skill sets, tend to stay in positions longer, and contribute to a robust workforce. Having an inclusive workforce benefits your employees, your community, and your bottom line. Remember, if you’re ever not sure about the best benefits to offer your employees with disabilities, ask them what they need and want from their jobs!
SELF-DIRECTED PA SERVICES

Looking at Deprescribing

Healthcare providers are looking at deprescribing medication whenever possible. Risks of taking too many medications include adverse drug interactions, can cause falls, cognition or memory loss, blood pressure complications and more. Deprescribing is the concept of decreasing the number of medications, including over the counter medications. Things to look for besides the drug to drug interactions are: duplication of therapy (two or more medications for the same issue), duration of benefit for each medication and of course cost.

There is a list of medications called the "Beers Criteria" which have higher risks of side effects, especially for seniors. The list is long and these medications should be avoided. They include something simple like Benadryl or Tylenol PM, or complex like Ambient or Xanax or Ativan. Look up the list and compare it to what is in your medicine cabinet. Being proactive could prevent an emergency room visit, hospitalization or worse.

Be prepared for each and every visit to the doctor and have the discussion to see which medications are truly necessary based of efficacy, benefits, and potential side effects. You can get a free copy of the 2019 AGS Beers Criteria here. We all know our bodies change as we age. What we sometimes forget is that our bodies can become less able to process medications safely, leading to less benefit and more side effects. Take the time now to make a list of all medications you take and be proactive in your care!

SERVICES YOU CONTROL!
At the Birth of the Rehabilitation Act (part three)

- By Miriam Hertz

First, social program benefit levels have never risen enough each year to keep up with the ever-increasing cost of living. Second, a large percentage of SSDI recipients receive a substantial monetary sum every month and live well above the poverty line. They can pay a mortgage and achieve the American dream of home ownership.

In fact, the dissenting opinion in Mathews v. Eldridge states that after his SSDI was terminated Eldridge’s home was foreclosed and repossessed. For Eldridge a lot was at stake in losing his SSDI. There was no room for even a whiff of discrimination released by the Social Security Administration and supported by the ignorance of disability policy and anti-poverty programs in the Supreme Court’s majority opinion. Regardless of whether the Social Security Administration deemed Eldridge able to reenter the workforce, it may have been fact that reentering the workforce was something that his disability would never allow him to do. And Eldridge lost the replacement income to which he felt entitled – to which many people with disabilities, especially those with oft-contested conditions like “anxiety and back strain,” feel they are entitled.

Instead of alleging violation of due process, what if Eldridge had sued the Social Security Administration for disability discrimination, discrimination illegalized by the Rehabilitation Act? While it is unlikely that such a suit would succeed, if it did, might the appropriate procedural modification for Eldridge’s anxiety be the very thing that he sought – an evidentiary hearing before termination of benefits? Oh, the irony.
BLUEPATH WEBSITE
ADDING ACCESSIBLE BUSINESSES EVERYDAY!

There are several unintended consequences of becoming an accessible business. Being accessible means you are more inclusive and welcoming to everyone.

1. If you are accessible to people with disabilities today, you are accessible for the baby boomers of tomorrow. 40% of those over 65 self-identify as having a disability. Baby boomers also control over 70% of all discretionary spending in the U.S. And 73% are retired with time to travel. Disabled travelers account for $58.2 billion of the $1.2 trillion U.S. travel market — nearly 5 percent — and they travel about the same amount as people who don't have disabilities.

2. Accessibility is becoming more mainstream. The movie CODA won Best Picture in 2022, there are more than nine apparel designers with adaptive clothing lines, Degree Deodorant has developed accessible packaging, Pottery Barn and Ikea have launched a line of adaptive furniture, and the list goes on.

3. Being accessible benefits locals and visitors alike. A community can list their accessible businesses, recreation, and attractions on BluePath and friends and family will know where they can go!

4. Working towards being accessible may protect you from an unintended lawsuit. Accessibility also appeals to elected officials, who see it as an asset with economic benefits. A disability is something that can happen no matter your race, gender, or economic status.

While many businesses may consider accessibility "nice to have" but not a "must have", let's remind them that accessibility is now "cool to have"

Find YourPath!
ASSISTIVE TECHNOLOGY FOR EVERYDAY LIVING

HANDY HOOK DOOR OPENER
This door opener is designed to turn a door knob and help make pulling the door open easier from a distance that is clear of the door’s swing path. Wheelchair users will find this door opening aid is easy to use. The non-slip hook is placed underneath the door knob, letting it freely rest. The user then holds the cushion grip and simply turns the handle to open the door knob. The other end has a special tool designed for unlocking deadbolts and twist locks.

$29.00 from www.thewrightstuff.com

HAND STEADY ROTATABLE HANDLE CUP
The cup has a patent pending rotating handle with 2 ball bearings that enable the cup to be self-leveling using gravity. This unique design allows the user to hold the handle in many stable and comfortable positions. The lid fits securely inside the rim and has a drink and straw hole. The recessed lid helps to reduce spills and liquid flow, and keeps drinks hot longer. This adapted drinking cup with lid and swivel handle is microwave and dishwasher safe.

$27 from www.thewrightstuff.com

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

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
509-606-INDx

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

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
208-454-5515 FAX

INTERSTATE CONNECTIONS