September is National Service Dog Month, a time devoted to raising awareness and showing appreciation for the extraordinary work service dogs do every day for the people in their care. Join us in celebrating and honoring these special heroes who dedicate their lives to help their human companions.

Service dogs are specially trained to perform specific tasks for people with disabilities as defined by the Americans with Disabilities Act. They can be trained to retrieve objects, assist with balance, give seizure or diabetic alerts, or assist those with psychiatric disabilities. They also serve our nation’s wounded warriors suffering from conditions including Post-Traumatic Stress and Traumatic Brain Injury. With the help of a service dog, humans can better manage disabilities and live fuller lives.
I have just returned from a trip to the Netherlands. I can't help but look and see how accessible a trip like that might be for someone who uses a chair. I was pleasantly surprised! although some of the oldest buildings are not accessible due to narrow stairs, a curb type entry and such, for the most part everything was accessible. Because the entire country is geared for bicycles, they have a complete network of paved bike trails - and these have the rightaway over cars in most intersections. They are smooth and kept in good repair.

Because so many rely on public transit, these trains and trams are also accessible with drop down ramps and roomy cars. But the biggest thing I noticed was how many people with disabilities used electric scooters. These can get you from town to town on the bike trails and are quite zippy. The paver style sidewalks and patios can be a bit bumpy for a manual chair. But all in all, an accessible vacation!

**QUOTES TO MAKE YOU THINK!**

“We all have our unique contributions we can make,” he says. “Instead of being limited based on what we cannot do, we need to be given the access to show what we can.” ~ Dr. Feranmi Okanlami, doctor and public speaker
COMMUNITY EVENTS FOR YOU!
SEPTEMBER 2023

Sept 5th - Grow, Gather, & Gab
Eastland Dr N, Twin Falls, ID

Sept 9th - Courageous Kids Climbing
Spokane Valley YMCA, WA

Sept 9th - Parkinson's IQ and You
Hyatt Regency, Bellevue, WA

Sept 13th - Link Up & Speak Up Conference
Best Western Vista Inn, Boise, ID

Sept 14th - WA/ID Health & Wellness Fair
Lewiston Community Center, ID

Sept 22nd - Deaf Fest
30355 3rd St., Athol, ID

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

APRIL Conference
The MAGIC of IL
October 12-14, 2023
Hyatt Regency
Orange County, CA
William is a consumer that was referred to DAC NW from Mental Health Court for some skills training. During our peer to peer chats with an Independent Living Advocate, he recognized that his life was missing peer connection. We discussed some options and came up with a creative solution to try. William began volunteering regularly at the Idaho Food Bank, twice a week. He learned to be more comfortable in social situations, and how to reach out and ask for help when needed. The encouragement and support he received from DAC in reaching his goals made a big difference, we even helped him find a healthy way to get out of his apartment.

The peer to peer counseling help him learn to identify his warning signs (when his voices get louder, it’s time to call the Dr., etc.) and we created a safety plan together that is on his refrigerator at home, and he knows it’s safe to use it if he needs to. Through our countless conversations advocacy efforts, and collaborative problem-solving, William has taken control of his life again. The MHC treatment team, DHW, ad DAC have empowered William to believe in his own potential and see beyond his disabilities and struggles. When coming for his last office meeting with us, William had cut his hair. This had been part of our discussions, but cutting his hair terrified him (any change did) but he found it was safe and well received!

William's success story is an example for any person with a disability that faces adversity. Learning to advocate for your unique needs as an individual is important. Our job at DAC is to empower others to embrace their potential, to think outside the box to find solutions (sometimes not too obvious) for what is holding them back from living the independent life they want to. If you have a disability and would like help removing a barrier to your independence, give DAC NW a call and make an appointment with one of our Independent Living Advocates. You do have someone in your corner!

YOUR KEY TO INDEPENDENCE!
LINC - HAVE YOU TUNED IN YET?!
By Jen Grushdale

Looking to learn more about disability in Idaho? From current issues, to the history of disability pride, the Independent Idaho podcast covers a wide range of topics all relating to disability and independent living. Hosted by Jeremy Maxand, executive director of LINC and founding member of the Idaho Access Project, the show highlights issues and people important to Idahoans with disabilities. Each episode features a person with a disability or ally expanding upon their lived experience with disability.

From folks connected to caregiving to self-advocates and decision makers, the show expands our understanding of disability pride and perseverance. Recent episodes include an interview with Cecile, an immigrant from the Democratic Republic of the Congo and wheelchair-user, to Sean Spence about his new book "Breaking Barriers: Disability History in the United States."
Episodes drop every other Monday morning. You can find them on Spotify. Search "Independent Idaho" and hit subscribe!

LINC UP AND SPEAK UP - UPDATE!
REGISTRATION HAS NOW CLOSED. BUT CHECK BACK HERE NEXT MONTH TO HEAR HOW IT WENT AND GET A PREVIEW FOR THE NEXT STATEWIDE INDEPENDENT LIVING CONFERENCE. THAT CONFERENCE WILL BE HOSTED BY LIFE IN EASTERN IDAHO, SO START MAKING A PLAN NOW TO ATTEND!

EMPOWERING INDEPENDENCE
The Annenberg Inclusion Initiative at the University of Southern California’s Annenberg School for Communication and Journalism looks at representation within the cast and behind the camera for the top 100 films each year between 2007 and 2022. In an analysis of the 100 top-grossing films last year, researchers found that 54 did not include a single speaking character with a disability. That’s more than in previous studies looking at movies released in 2021 and 2015. “The lack of progress in these areas suggests that executives and content creators are relying on practices that continue to marginalize and exclude talented voices from all backgrounds.” said Stacy L. Smith, director of the Annenberg Inclusion Initiative and an author of the report.

Greta Gerwig’s film *Barbie* did include an appearance of Wheelchair Barbie and a Barbie with a prosthetic arm who is an aide to the President. But these were not major roles. The ways in which individuals and groups are portrayed in popular media can have a profound effect on how they are viewed by society at large. Although the film industry has progressed when it comes to bringing disability issues onto the big screen, it is still far from an inclusive field that allows disabled characters to be represented by disabled actors. The media we consume has the power to create negative biases towards disabled individuals unintentionally. However, we also know that when thoughtfully portrayed, narrative stories have the power to dismantle biases and shift our culture to be a more inclusive society. All in all, it’s time we start recognizing and celebrating people with disabilities as a valuable part of our society because disability impacts ALL of us. Disability is the only minority group anyone can join at any time.

**Working for Independence, Equity, and Justice!**
It’s Comsumer Night at LIFE! They have a baseball game with the Idaho Chukers planned for Friday, September 7th at Melaleuca Field in Idaho Falls. The game starts at 7:05 pm. Call LIFE’s office for details on how to get your ticket - 208-232-2747.
If you have an Spinal Cord Injury (SCI), adaptive sports and recreation may be key to your lifelong wellness. These activities may also help you to engage with your community. Many options are available:

- Outdoor recreation activities (for example, adaptive kayaking, fishing, or snow skiing)
- Performing arts (for example, adaptive dance group)
- Individual sports (for example, wheelchair racing or hand cycling)
- Team or competitive sports (for example, wheelchair basketball, wheelchair tennis, quad rugby, or sled hockey)

Even if you have never taken part in sports before, you can find an adaptive activity that is right for you!

An SCI does not have to keep you from being active. Adaptive sports and recreation are good for your health. Without such activity, you may be at higher risk for physical and mental health problems, such as obesity, heart disease, and depression. You may also feel left out if you do not engage in enjoyable activities. Others may assume that you cannot be active just because of your injury.

Adaptive sports and recreation can help you get past these challenges. Every state has a parks and recreation association. Some focus on adaptive outdoor recreation. Examples include fishing, hunting, water skiing, or canoeing/kayaking. Public schools must offer physical education and school-based sports to every student. Contact your local school district to find out about adaptive sports programs. Many colleges and universities have adaptive sports programs. Examples include wheelchair basketball or track and field. Scholarships may be available to top athletes. Advocates are trying to get the National Collegiate Athletic Association (or NCAA) to sanction adaptive sports.

www.NWADACenter.org/Idaho, dananwadacenteridaho@gmail.com
Phone: Voice & TTD 208-841-9422
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.
BUSINESS CAREERS FOR YOUNG ADULTS WITH DISABILITIES

BY DEAN BURGESS

When it comes to starting a career, it can be a daunting task for anyone, especially for young adults with disabilities. Overcoming physical or mental challenges can make the journey seem even more difficult, but that doesn’t mean that young adults with disabilities should give up on their dreams of having a fulfilling career. Starting a career in business is an excellent option for young adults with disabilities.

Many jobs in business offer benefits like health insurance and paid time off. Young adults with disabilities might find access to health insurance can be a godsend. Paid time off can be especially beneficial for young adults with disabilities. It can help balance out any unexpected appointments or medical procedures that they might need.

One of the best things in a business career is the opportunity for in-person networking. Business events and conferences come with a chance to meet new people and create new connections.

Another benefit of starting a career in business is the opportunity for innovation and creativity. Most businesses require creative problem-solving skills, and young adults with disabilities can bring unique perspectives that others may not have.

Many businesses offer tuition reimbursement or education assistance programs for employees who want to further their education. Young adults with disabilities might face additional hurdles in their education, but these programs can help offset some of the challenges. Access to additional education can open up more career opportunities, set up young adults with disabilities for success, and encourage long-term learning. Acquiring new skills can increase confidence, inspire innovation, and pave the way for future advancement.

They can set themselves apart by tailoring each resume to the position they're applying for and highlighting their unique skills and experiences. This may help highlight valuable experience, add depth to their resume, and demonstrate to prospective employers that they are capable, driven, and determined to succeed. Businesses foster innovation and creativity and provide a sense of camaraderie and teamwork. Lastly, they give young adults with disabilities a chance to create a stellar resume that they can use to showcase their skills and talents.
SELF-DIRECTED PA SERVICES

FINDING WAYS TO TRAVEL

There are many people with disabilities, especially those in power chairs, who either don’t fly or are scared to fly because there have been too many instances of their chairs getting damaged or losing parts. It would be like boarding a plane when you are fine, but losing your legs once you land.

In June Delta Airlines introduced the new prototype for an airline seat that converts into a secure docking point for mechanized wheelchairs. You would be able to remain in your own chair and still have access to tray tables, headrests and other airline features. The prototype is still undergoing testing and certification before being installed on planes. Since this space will be located in the front of the cabin, there are still questions of whether a person will have to pay first class fare for themselves or for a personal assistant.

There are a lot of complications in this, for instance accommodating reclining wheelchairs or will a wheelchair withstand a crash, that we are still looking 3 years out. To help drive the wheelchair accommodations, you should reach out to your elected federal officials, and share why this issue is important to you and why it should be important to them. Visit AARP advocacy sites to learn about your rights and how to work with government entities to drive change.

SERVICES YOU CONTROL!

INTERSTATE CONNECTIONS
Accessible recreation is relatively new. For too many years and even today when asking if something is accessible in outdoor recreation the answer is “Why would someone in a wheelchair want to do ___________?” We are working to change that! As more and more places realize the value of being accessible to someone with vision, mobility, or any other disability, AND their families, BluePath is a way to market that experience to people with disabilities.

Some recent changes have been going on with BluePath to include a systematic way of evaluating accessibility of trails and other things. We understand that weather, tree fall, and other events can change the accessibility of a trail at any moment. But for the spaces and places that are doing their best to accommodate people with disabilities, listing on BluePath is a great way to let people know.

We have also changed how the mapping works, since many trailheads don’t really have an address. It’s easy, the address fields will accept establishment names, and then the address will come up and a Google pin will drop on the map for visitors to find the location easily.

Check out the latest edition, Roman Nose Lakes, with an accessible restroom and board walk out to the lake. Do you know an accessible outdoor recreation location? Get it loaded and become a Pathfinder today!

Find YourPath!
DISABILITY AWARENESS SEPTEMBER 2023

MONTH LONG AWARENESS

- ALOPECIA AWARENESS MONTH
- NATIONAL GUIDE DOG MONTH
- INTERNATIONAL DEAF MONTH
- PAIN AWARENESS MONTH
- WORLD ALZHEIMERS MONTH

 ero 7 THU WORLD DUCHENNE DAY
 9 TH SAT FETAL ALCOHOL FASD DAY
13 TH WED CELIAC AWARENESS DAY
18 TH MON HIV/AIDS AND AGING DAY
18 TH MON INT'L WEEK OF THE DEAF
21 ST THU WORLD ALZHEIMERS DAY
23 RD SAT SIGN LANGUAGES DAY
25 TH MON ATAXIA AWARENESS DAY
26 TH TUE MESOTHELIOMA DAY
29 TH FRI WORLD HEART DAY
30 TH SAT LIMB GIRDLE DAY

GOOGLE CALENDAR WITH INFORMATIONAL LINKS: TINYURL.COM/DISHOLIDAYS

INTERSTATE CONNECTIONS
ASSISTIVE TECHNOLOGY FOR EVERYDAY LIVING

COOL TOUCH OVEN RACK GUARDS

It’s baking season and you can bake with confidence that you won’t get burned! These offer protection against burns from accidentally touching against hot oven racks. Made from fabric first developed for firefighters, they protect you by slowing the heat transfer from metal oven racks to your skin. It snaps easily onto the front rail of most oven racks. Machine washable. Comes in a set of two for $19.95.

https://www.maxiaids.com

2-IN-1 KNIFE AND CUTTING BOARD

Quickly and safely slice food without the messy cleanup! This safety cutter is the revolutionary 2-in-1 knife and cutting board that chops and slices your favorite foods in seconds! The secret is the clever design with an ergonomic power pressure handle. Effortlessly cut through food fast! Sharp premium blade and the extra-wide mouth makes cutting fruits, veggies, meats and more fast, easy, and mess-free. Opens wide for cutting larger foods. Ergonomic grip is comfortable to use and the locking safety hinge safely keeps it closed. Knife detaches for separate use. Measures 10 inches long. $9.00

https://www.amazon.com
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 Room C-1
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