

DISABILITY INDEPENDENCE, EMPOWERMENT & FAIRNESS

INTERSTATE CONNECTIONS



General Disability Etiquette - Hearing Impairments

Get their attention before speaking

Do: Gently tap the person on the shoulder, wave, or use another method to get their attention before speaking.

Don't: Start speaking to someone without first ensuring you have their attention.

These “Think Again” reminders are courtesy of ILICIL Independent Lifestyles, Inc. in Sauk Rapids Minnesota.

UPCOMING EVENTS JUST FOR YOU!

VETERAN STAND DOWN

AUGUST 13th,

Clearwater River Casino, Lewiston

Join DAC NW and dozens of local services to benefit veterans, including in-home care, health, and other resources.

10am to 4pm



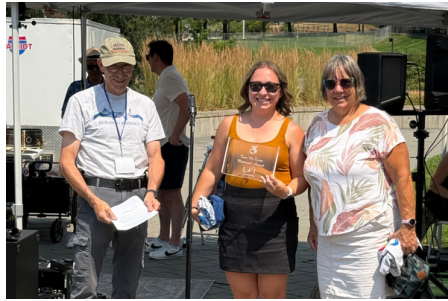
Find more accessible events at www.dacnw.org/events

2026 Bridging Communities Recap

NEWS FROM DAC NW



Native American Blessing



Tom McTevia Aware Presentation



Bollywood Dancers



Jingle Dancer



Hatchet Dance



Ice Cream Vendor



Vietnamese Lion Team Dancers



Mayor Lisa Brown



Sign Language Interpreter

Transitioning to College with a Disability

NEWS FROM DAC NEW

As summer begins to wind down, notices of back-to-school events and sales show up in stores and around communities. There is a lot of information out there for younger students with disabilities returning to school, but what about older students with disabilities transitioning into college?

Partnerships for Action, Voices for Empowerment (PAVE) in Washington State has a back-to-school checklist for children with disabilities. You can find that checklist here - [Back To School Checklist!](#)

What if you are not a child and want to go back to school? How do you prepare? First off, you need to get familiar with the Americans with Disability Act (ADA). Transitioning to college with a disability requires self-advocacy and a shift from high school's IEPs (Individual Education Plans), which is governed by the Individual with Disabilities Education Act (IDEA), and move to college's ADA accommodations.



The ADA is a civil rights law that prohibits disability-based discrimination. Federal laws prohibit colleges from discriminating against qualified individuals with disabilities and require them to offer equal access to courses, programs, and facilities. Higher education is governed primarily by Title II (for public universities) and Title III (for private universities) of the ADA, as well as Section 504 of the Rehabilitation Act. What this means is that the ADA mandates reasonable accommodations, such as ramps, sign language interpreters, note takers, recording lectures, additional time for assignments, etc.

If you had an IEP or a 504 Plan, you could take the accommodations that you need from those documents, adjust these accommodations for the new academic setting making sure they are reasonable and will not cause a hardship. Then request the adjusted reasonable accommodations through your college's Disability Resource Office or Disability Access Services office. Different colleges and universities can have different names for these campus disability support services.

Not only can you request reasonable accommodations for academic settings, but you can also request accommodations for living on campus. These accommodations can include having a single occupancy dorm room, to having access to an accessible bathroom and shower, and access to dining facilities, etc. When requesting reasonable accommodations, you must self-identify, register with the college's disability office, and provide documentation to receive approved accommodations. This process can feel overwhelming and getting the needed documentation can sometimes be difficult and time consuming.

Documentation includes psychological testing, doctor's letters, medical records, and record of accommodations received during standardized testing. It's essential to ensure that all documentation is recent, less than three years old, and sourced from qualified medical professionals. While colleges strive to provide accommodations, do remember not all accommodations received in high school can be used in the college setting.

You must take the lead in advocating for your needs. This means proactive communication with college disability services, professors, and campus personnel is essential in ensuring that your needs are met. By becoming a self-advocate, you can empower yourself to succeed academically and personally in the college setting. Visit the campus in person if you can. This can provide firsthand insight into the campus's accessibility and suitability. Navigating college access for students with disabilities requires careful planning, research, and advocacy with each step playing a crucial role in facilitating a smooth transition to higher education.

For assistance in the transition process into higher education, please contact DAC NEW at (509) 606-4639 or email erin@dacnw.org.

NW ADA CENTER ~ Idaho

ADA Question of the Month

QUESTION:

What counts as a service animal?

ANSWER:

Only dogs, and in specific instances, miniature horses qualify as a service animal.



To determine if an animal is a service animal, you may ask two questions:

1. Is the dog a service animal required because of a disability?
2. What work or task has the dog been trained to perform?

You may not ask these questions if the need for the service animal is obvious.

Examples include when a dog is guiding an individual who is blind or is pulling a person's wheelchair. In addition:

- You may not ask about the nature or extent of an individual's disability
- You may not require proof that the animal has been certified, trained or licensed as a service animal
- You may not require the animal to wear an identifying vest or tag
- You may not ask that the dog demonstrate its ability to perform the task or work training that distinguishes a service animal from other animals.

Some service animals may be professionally trained; others may have been trained by their owners. However, the task that the service animal is trained to do must be directly related to the owner's disability.

Comfort and emotional support animals are not covered under the ADA.

For additional information contact **Dana Gover, MPA, ADAC, Training & Technical Assistance Consultation**

Northwest ADA Center-Idaho Email: dananwadacenteridaho@gmail.com ADA TA

Hotline: voice and text

208-841-9422

Did U Know?

Over one billion people worldwide - about 15% of the global population - live with some form of disability, making it the largest minority group in the world.

Back to School Hub for Mental Health

As the school year begins, students and families face a mix of excitement, pressure, and uncertainty. Whether you're a young person navigating new challenges or a caregiver looking to support your child's emotional well-being, **Mental Health America** is here to help with practical guidance, free tools, and resources for every step of the journey.

For Kids and Teens: Changing friendships, getting your brain back into "learning mode", and balancing school with other responsibilities are just some of the ways that starting a new school year can be stressful. You're not alone; your feelings are valid, and help is available. You can find ideas for handling overwhelming feelings, tips on managing tough situations like fitting in or a hard home life, spotting signs of anxiety, depression, and advice on when to ask for help.



For Young Adults: Starting college, beginning a new job, or taking on both at the same time can be exciting and overwhelming. Explore resources to help you manage stress, build confidence, and take care of your mental health as life changes. Get tips on how to balance work and school, managing existing mental health challenges while living on campus, coping with homesickness in a new environment, and reminding yourself of your strengths.

You can even take a quick mental health assessment. It's anonymous, free and private.

For Parents: going back to school can be a time of tough transitions. Sometimes it's hard to tell the difference between normal growing pains and early signs of mental health conditions. They have tips for recognizing warning signs, conversations starters, how to be a mental health role model, and supporting your child at home.

Check out their website for more mental health supports.



Rolling with the Punches

Why don't blind people skydive?
Because it scares the guide dog!

Ready to Evacuate in an Emergency

SELF-DIRECTED PA SERVICES

What to expect when you get the call to evacuate in an emergency? The recent fires are a reminder that evacuation orders can come with little warning. For people with disabilities “grab and go” isn’t that simple. There are service animals, medical equipment, and important prescriptions. You need a plan before the smoke rolls in.

Service animals are legally permitted in emergency shelters under the ADA, but chaos at the door doesn’t give you time to explain. Have a copy of your animals vaccination records and a recent photo (in case you get separated) with you.



A leash, harness, and a few days food and water are important. Keep contact info for a backup caregiver to take the animal in case you are hospitalized. Emotional support animals don’t have the same legal access, so find out ahead of time which shelters are pet friendly.

Medical equipment like oxygen concentrators, power wheelchairs and hospital beds need a plan for a power failure and evacuation. Know your equipment’s battery life and keep back up batteries charged. Register with your utility company’s vulnerable customer program if they have one so you are prioritized for outage updates. Keep manual backups where possible of your wheelchair, or a hand crank suction device. Pack chargers, extension cords and any adapters you might need. Remember shelters may have limited outlets.

Running out of medication is one of the most common and preventable crises. Keep a paper list of all medications, dosages, and prescribing doctors with you. Don’t rely on a phone that could die. Ask your pharmacist about an emergency refill. Washington allows early refills during emergencies. Pack at least a week’s supply in your go bag. Include insulin pumps and nebulizers and their supplies.

Not every shelter is going to be accessible. Save the number of the county emergency management location and you can check their evacuation site listings which should note accessibility features. Call ahead to see if they can accommodate your equipment or have sign language interpretation.

Keep the important information in your go-bag and share with a family member. This can save you critical time.

Services YOU control!

Resources to Better Understand the VBA VETERANS WITH DISABILITIES

Have you moved past your imposter syndrome and considered filing a disability claim but don't know what to do? Have you ever blindly turned to a VSO who filed your claim for you and your subsequent decision letter service-connection denial made you feel like a fool? Do you know a newly widowed spouse of a Disabled Veteran who passed away? And you want to be the hero who can confidently guide them towards the Dependent Indemnity Compensation (DIC). they knew nothing about?



You could change that survivor's life through knowing and informing them of what DIC is.

Have you thought about giving up on your claim because it's not worth the effort and it's just too confusing? Or maybe you just want to 'know' how the system works in detail behind the scenes. Maybe you feel passionate about guiding a new Veteran or battle buddy by paying it forward. Maybe you just need a new mentally stimulating hobby? Try

Veterans Benefits Knowledge Base : this website was developed by a Veteran for knowledge. while it is NOT associated with the VA, there is really good info on it.

Categories discussed include Death and Survivor Benefits, Education and Employment, Health Care, Housing, VA Disability Compensation, VA Pension, and Miscellaneous.

The website is 100% free to use. No walled off areas, or ads. Right off the bat, it can help you file a disability claim. And how to appeal a claim denial.

So don't go into battle without a plan! Check out the easy to understand information on this website.



**Questions about Veteran Directed Care?
Call Spokane 509-434-7000
Or Walla Walla 509-525-5200**

Turning 18 is a Big Deal!

Young Adults – Next Chapter

Turning 18 is a big milestone in your life. When you turn 18, you become a legal adult. Now you can make your own decisions about the many parts of your life. You can determine where you live, where you work, what kind of job you do, what you do for fun, who you spend time with, who supports you, and what services you use.



You may:

- > Register to vote and participate in elections. Are you registered? Do you know how to vote?
- > Sign legal documents, contracts, leases, or agreements. Are you fully aware of what you are signing?
- > Manage your own money and handle your bank accounts. Do you know how to budget?
- > Choose which services and supports you want to use. Are you aware of all the options?
- > Make your own decisions about your health care. Do you know where to find help with healthy food options, exercise and other aspects of well being?
- > Decide where you want to live. Do you want your own place or feel better in a supported environment?
- > Give permission for others to access your personal information. Do you know how to keep that info safe from ID theft and scams?
- > Make decisions about your education. Do you need job training, more schooling? What do you want?

If you want help with any of these questions call 208-883-0523.



Rewriting the narrative of what's possible!

QUOTES TO MAKE YOU THINK

Diversity asks “Who is in the room?” Equity responds “Who is trying to get in the room but can’t?” Inclusion asks “Has everyone’s ideas been heard?” Justice asks “Whose ideas won’t be taken as seriously because they aren’t in the majority?”

~ Dafina-Lazarus Stewart

Adaptive Driver Training Resources in Southwest Idaho

NEWS FROM LINC

Learning to drive can change a person's life. For people with disabilities, being able to drive often means greater independence, better access to jobs, school, health care, and community activities. For many years, people in Southwest Idaho had very few options for adaptive driver training. LINC has worked with community partners to help change that.

Today, there are two adaptive driver training providers serving the Treasure Valley. [Adaptive Driving Idaho](#) offers driving evaluations and behind-the-wheel training for people with physical, cognitive, or neurological disabilities. They help people learn if driving is a safe option and identify the adaptive equipment they may need. You can listen to our [interview with Amanda Beall](#), owner and operator of Adaptive Driving Idaho, on the Independent Idaho podcast.



[Rocky Road Driving School](#) also offers adaptive driver training. Their training vehicle includes equipment such as hand controls, a left-foot accelerator, and a steering device. This gives people with certain physical disabilities the chance to learn to drive using adaptive equipment in a community driving school.

LINC and our community partners are also developing two new resources that will be available soon. **The Idaho Accessible Driver's Guide** will explain the steps to becoming a licensed driver with a disability, available training options, adaptive equipment, funding resources, and other helpful information. A companion **Youth Accessible Driver's Guide** is also being created for teens and young adults with disabilities and their families. It will help young people understand the licensing process, prepare for driving, and build independence.

Although more work is still needed, these new partnerships and resources are making it easier for people with disabilities in Southwest Idaho to become safe, confident, and independent drivers.



Empowering Independence!

BLUEPATH – More than just Business...



BluePath has a category for religious organizations. Life is about more than just shopping and getting your business done. You may want to find a local church, community center or someplace where you can connect with others.

Wild Heart Meditation Center is just such a place. Wild Heart understands the practice of meditation- mindfulness, heart practice, the entirety of the Buddhist path- as a path of returning the heart-mind to its naturally awakened state. Open to all levels, they offer weekly programming with no reservations needed.

Their parking is mostly gravel, but they are easily accessible from the street as there is no curb. They are also located near a city bus stop. And if you can't make it, check out their podcast.

There are a number of religious organizations and community centers on BluePath that strive to be as inclusive and accessible as possible. And if you know of a church that stands out in accessibility, be sure and list it! It only takes a few minutes.

BLUE  **PATH** Find **YOUR** path!

LIFE HACKS For Disability



Easy Open Vials

These can be opened and closed with one hand. By squeezing the sides of the vials, along the top of the vial indicated by arrows, the lid pops open. Package of five bright colored bottles which open easily for arthritis sufferers, elderly, or people with use of only one hand.

Easy Open Vials are convenient for a variety of applications, from holding vitamins and medications to paper clips or sunflower seeds.

\$6 for 5 pack from The Wright Stuff



Opening Small Items

Small caps and twist-up mechanisms can be tricky for people with sensory or mobility limitations. Modifications to pull off caps can be made out tape. Try 3m Transpore tape. Twist mechanisms can be adapted by increasing the surface area, layering self-adhering bandage wrap.

Increasing Handle Size

Remember those foam hair rollers? They work great slipped over eating utensils, toothbrushes, mascara containers, pens, hair brushes, anything you need something extra to hold onto. Need something even bigger? Try a section of pool noodle.



Stuff to make life easier!

How to find a SAFE Online Pharmacy

With the rise in medication costs these days, it's tempting to give brick-and-mortar pharmacies a pass and look online for your prescription drugs instead. There are a lot of good options out there, but there are some unsafe ones as well. Here are some questions to ask when considering getting your prescription filled at an online pharmacy in the United States or Canada.

United States

- Do they require your prescription to come from a doctor?
 - Do they have a United States-licensed pharmacist on staff who can answer your questions?
-
- Do they have a physical address and a phone number, both of which are in the United States?
 - Do they have a license with a state board of pharmacy?
 - Have they been verified by the National Association of Boards of Pharmacy? Click this [link](#) to check the NABP database for online United States pharmacies they have vetted.

Canada

Similar questions apply when looking at an online Canadian pharmacy.

- Do they require your prescription to come from a doctor?
- Do they have a Canada-licensed pharmacist on staff who can answer your questions?
- Do they have a physical address and a phone number, both of which are in Canada?
- Are they licensed by the pharmacy regulatory authority in the province where they are located?
- Have they been verified by the Canadian International Pharmacy Association. Click this [link](#) to check the CIPA database for a safe, online Canadian pharmacy.

If the answer is no to any of these questions, do not use that online pharmacy.



CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING



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208-746-1004 FAX
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208-883-0524
800-475-0070

222 W Mission Ave
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www.idlife.org

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Pocatello, ID 83204
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207 South Broadway
Blackfoot, ID 83221
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208-785-2398

250 S Skyline Ste 1
Idaho Falls, ID 83402
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