

PIRS Hot Sheet

Advocacy & Services for People with Disabilities

New ADA Regulations In Effect

The Dept of Justice's revised Americans with Disabilities Act (ADA) regulations, which apply to businesses of all sizes that serve the public, took effect on March 15th. The amended regulations contain many new or revamped provisions on general nondiscrimination policies.

The new nondiscrimination provisions, except for those addressing hotel reservations, take effect immediately. Compliance with the hotel reservation provisions is not required until March 15, 2012. The rules also include the 2010 Standards for Accessible Design (2010 Standards), which provide new and revised technical requirements for building accessibility. Newly constructed and altered facilities must be built in compliance with the 2010 Standards beginning March 15, 2012.

The Department has developed a guide to assist small businesses to understand their obligations under the revised rules. **ADA Update: A Primer for Small Business** is an illustrated guide with easy-to-understand language that provides an overview for complying with the revised regulations. This publication is available at www.ADA.gov/reg2010/smallbusiness/smallbusprimer2010.htm.

Call the toll-free ADA Information Line at 800-514-0301 (voice) or 800-514-0383 (TTY) with any questions regarding the revised regulations.



APH Talking PC Maps

American Printing House for the Blind (APH) in Louisville, KY, and the Sendero Group LLC, pioneers in the development of location information systems for people with vision impairments, headquartered in Davis CA, are proud to announce *APH Talking PC Maps*.

Designed to be used by individual consumers, orientation and mobility specialists, and teachers of persons who are visually impaired, this software provides spoken and on-screen map data and 12 million points of interest for U.S. states, territories, and Canada on one flash drive. It speaks on any computer, using Windows™ XP or later whether or not the computer has screen reading software installed. It does not give information about a user's physical location; it is not a GPS system. Instead, it gives a verbal description of physical space and what it contains that is not available in any other way except through eyesight. For more information, call (502) 895-2405 or log on to www.aph.org.

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**Placer Co. Mental Health Services Act
Community Forum:
April 26, 4:00 - 7:00 pm.
Maidu Museum
1970 Johnson Ranch Dr., Roseville**

PIRS Calendar

Reasonable accommodations are available upon advance request to facilitate access to PIRS facilities and services.

In order to maintain a comfortable environment for everyone, we respectfully request that **no perfumes or other scented products** are worn when attending activities at PIRS. Thank you.

Deaf Awareness and Conversational American Sign Language:

⇒ **Advanced Class:** call for info.

⇒ **Beginning Class:** Monday, 1:00 – 2:00 pm
For more information on classes, call Virginia at TTY (530) 885-0326, or use CA Relay Service at 211 or 1-877-314-6025 and give the operator the TTY number.

Disability Peer Support Groups:

⇒ **Depression Support Group** – Every Thursday, 2:00 – 4:00 pm. at PIRS. This group is facilitated by Senior Peer Counseling Program of PCHHS, and it is open to all adults regardless of age.

⇒ **Women's Depression/Bipolar/Mental Health Disabilities Support Group** – Monday 5:00 – 7:00 pm. Call Jeff, ext. 15.

⇒ **Men's Disability Support Group** – Tuesday 6:00 – 8:00 pm. Call Jeff Cowen, before attending.

⇒ **Women's Disability Support Group** – Wednesday, 1:00 – 3:00 pm. Open drop-in group. Call Facilitator Barbara Finn, ext. 26, for more information.

⇒ **Family & Caregivers Support** – Call Facilitator Barbara Finn, ext. 26, for more information.

Auburn People First: self-advocacy for people with developmental disabilities

⇒ Call the Supported Life Institute, Self-Advocacy Coordination Project at 916-567-1974 for more information.

FREE Help with your healthcare services problems:

HICAP – Health Insurance Counseling for seniors and people with disabilities. Call Seniors First/SeniorLink at 1-800-878-9222 to make an appointment.

Health Rights Hotline, serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage. Tollfree (888) 354-4474 or TDD (916) 551-2180. In Sacramento, call (916) 551-2100. www.hrh.org.

HMO Help Center: State Dept. of Managed Health Care, free independent medical review (IMR) for denial of services. Assistance 24 hours a day, seven days a week. Call (888) 466-2219 or (877) 688-9891 (TTY). www.healthhelp.ca.gov.

DRA's Health Access Project: free publications about the health care and insurance rights and concerns of people with disabilities and serious health conditions. <http://dralegal.org/>, and click on "Projects".

Mental Health America
In Crisis? 1-800-273-TALK
Pensar en Suicida?
1-800-SUICIDA (784-2432)
(Ellos son Latinos y hablan Espanol)

California AgrAbility Project serves agricultural workers with disabilities and their families. Call (530) 752-1613 voice; Toll free: 1-800-477-6129; fax (530) 752-2640.
<http://calagrability.ucdavis.edu>

Visitability and Home Access

Basic Home Access, a free pdf brochure, is illustrated with 16 photos including examples of houses on various terrains. It explains the low cost of creating basic access in new houses versus high costs of retrofitting. To request brochure, send email to: [<concretechange@mindspring.com>](mailto:concretechange@mindspring.com).

Synergy SI by Humanware provides a sharper, clearer, better view of the world for people dealing with macular degeneration, diabetic retinopathy and other low-vision eye conditions. Easy to use CCT with a high-brightness, distortion-free 22" LCD monitor. Information at www.humanware.com/si, or call toll free 1-800-722-3393, or email: [<us.info@humanware.com>](mailto:us.info@humanware.com)

AUTISM SPEAKS - A Guide To Assist Families On The Journey From Adolescence To Adulthood

In an effort to help families and adolescents with autism navigate the transition into adulthood, *Autism Speaks* has launched the Transition Tool Kit, a guide that highlights various issues such as employment, post-secondary education, and housing, with options to consider in each of the areas, as well as links to helpful resources. To download the Tool Kit (pdf), go to:

www.autismspeaks.org/docs/family_services_docs/transition/Intro.pdf

Survey on barriers to playing Golf: for people with disabilities and seniors age 55+ with health condition, and residing in US. Go to ncaonline.org/golfsurvey. Questions? Call Sherril York at (812) 856-4422 or email to [<shyork@indiana.edu>](mailto:shyork@indiana.edu).

Resource for People with Spinal Cord Injury or Disease

United Spinal Association and National Spinal Cord Injury Association are working on a new publication for the spinal cord injury/disease community called *Life in Action*, and they would love to get your feedback. So they can deliver the information and resources you want most, please take a moment to fill out this short survey: www.surveymonkey.com/s/lifeinaction

Membership in United Spinal Association is free, as is their E-newsletter. You can subscribe on their website, which has a lot of excellent information at www.unitedspinal.org.

Their focus goes beyond people with Spinal Cord Injury to include those with Multiple Sclerosis, Amyotrophic Lateral Sclerosis, Polio or Spina Bifida.

United Spinal Association
75-20 Astoria Blvd.
Jackson Heights, NY, 11370
718-803-3782



**Are you a professional care provider?
Apply to join PIRS Personal Assistants
Registry/Referral Service. (No fee)**

**Do you need to hire an in-home personal
assistant or care provider?**

**Call Tim Cooper at PIRS
530-885-6100, x15, for help.**

ADA CORNER

The Disability Law Index, an online database, contains federal statutes and regulations organized by subject, and includes court case opinions and legal articles that help interpret federal disability-related laws. To view the index, go to: www.swdbtac.org/html/topical/index.html

The Index is a project of the Disability and Business Technical Assistance Center (DBTAC) Southwest ADA Center, a program of ILRU (Independent Living Research Utilization) at TIRR Memorial Hermann in Houston, Tx. The DBTAC is funded by a grant (H133A060091) from the US Dept of Education's National Institute on Disability and Rehabilitation Research (NIDRR).

Free Technical Assistance:

• Pacific Disability and Business Technical Advisory Center – Hotline provides detailed explanations on ADA Guidelines. 1-800-949-4232; www.adapacific.org.

• Dept of Justice ADA webpage: www.usdoj.gov/crt/ada/adahom1.htm

• Equal Opportunity Employment Commission – non-discrimination in employment: www.eeoc.gov.

• Job Accommodation Network (JAN): lists examples of accommodations that may be appropriate for various types of disabling conditions. www.jan.wvu.edu

• www.access-board.gov - US Access Board publishes access guidelines based on research about best practices.

• www.DisabilityInfo.gov is a cross-government portal on disability, and is easily accessible.

• www.ncaonline.org- National Center on Accessibility promotes access to recreational

facilities, focusing on universal access and practical solutions by linking designers with users.

• www.firstgov.gov – a one-stop source to find any federal agency and other information.

• Federal Transit Administration – ADA Assistance line: 1-888-446-4511 or www.fta.dot.gov/transit_data_info/ada/

• Information on the U.S. Dept of Education enforcement of education rights (Individuals with Disabilities Education Act or IDEA). www.ed.gov/offices/OCR/index.html

• Discrimination in air transportation and related services. Hotline at 1-800-778-4838 (voice) or 1-800-455-9880 (TTY) to obtain assistance. Complaints must be submitted in writing. <http://airconsumer.ost.dot.gov/>



Advocate for Your Rights!

Never take your independence for granted. Never ignore discrimination. Speak out and defend your rights to access housing, education, employment, transportation, health care, telecommunications, recreation, and all the other benefits our society enjoys. Stay informed and get PIRS advocacy bulletins by mail or email:

Email: <jcowen@pirs.org> and put “*Subscribe Advocacy List*” in the subject line;

Call – Jeff - 530-885-6100, ext.15; or

Write: Advocate, PIRS, 11768 Atwood Rd. Ste. 29, Auburn, CA 95603.

Want to get more involved? Call Jeff.



Salute to Auburn Recreation District!

For installing accessible picnic facilities in Recreation Park – Thank you!

To Contact Your Legislators online:

President: www.whitehouse.gov

Governor: www.governor.ca.gov

US Senators: thomas.loc.gov, then choose "Senate Directory" at top.

US Representatives: thomas.loc.gov, then choose "House Directory" at top.

State Senate: www.senate.ca.gov

State Assembly: www.assembly.ca.gov

Placer County: www.placer.ca.gov

El Dorado County: co.el-dorado.ca.us

Alpine County: www.alpinecountyca.gov



PIRS Board of Directors is seeking new members. In particular, if you are of Latino, Asian, or African-American descent and have a disability, please consider joining our Board.

Please call for an application:
530-885-6100, in Auburn
1-800-833-3453 outside of Auburn area
530-885-0326 TDD
530-885-3032 Fax

PIRS Board of Directors

Dawn Davidson, President
Paul Opper, Vice President
Robert Hancock, Treasurer
Dan Roye, Secretary
Becky Baker, Director
Michael Cummings, Director
Harry Powell, Director
Terry Scott, Director
Linda Wisdom, Director

PIRS Board Meeting:

Third Wednesday, 5:00-6:30 p.m. at PIRS.

Disability Rights Organizations:

www.ADAWatch.org: Advancing the Civil Rights of People with Disabilities

National Council on Independent Living:
www.NCIL.org

Association of Programs for Rural Independent Living: www.april-rural.org

CA Foundation for Independent Living Centers: www.cfilc.org

Mental Health: www.Bazelon.org

Advocacy for persons with developmental disabilities: [The ARC.org](http://TheARC.org)

Protection and Advocacy: www.ca-pai.org

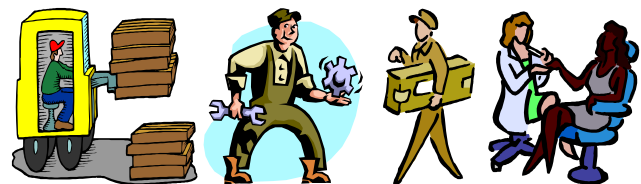
Disability Rights Education Defense Fund:
www.dredf.org

Not Dead Yet: opposing physician-assisted suicide. www.ndy.org

Disability Rights Advocates: dralegal.org

American Association of Persons with Disabilities: www.aapd.org

California Disability Community Action Network (CDCAN): Advocacy Without Borders: www.cdcan.us



www.disabilitybenefits101.org

Information on employment, health coverage and other benefits, and how it all relates to working. There's a unique "calculator" that will help you figure it out. You can work!

Placer Independent Resource Services
11768 Atwood Rd., Ste. 29
Auburn, CA 95603

Non Profit Organization
US Postage PAID
Auburn, CA
Permit #130

RETURN SERVICE REQUESTED

PIRS Hotsheet is available in alternative formats. Please call us – 530-885-6100.



April 22nd

Happy Earth Day!

*Please Include
PIRS in Your Will.*



PIRS is funded by grants from the US Dept. of Education/Rehabilitative Services Administration; State Dept. of Rehabilitation; Area 4 Agency on Aging; United Auburn Indian Communities; City of Roseville; Community Technology Foundation of CA; James & Virginia Benson Fund for the Elderly of Placer County of the Sacramento Region Community Foundation; by contract with the Pacific Disability & Business Technical Assistance Center; and by private donations.

We need your support. Please make a donation to PIRS today. Thank you!

PIRS is a Certified Agency of United Way California Capital Region: **Agency # 5751**

