

# PIRS Hot Sheet

Advocacy & Services for People with Disabilities

## Americans with Disabilities Act (ADA) Turns 23!

On July 26<sup>th</sup> people across the country will celebrate the 23rd anniversary of the signing of the Americans with Disabilities Act (ADA). The ADA is the primary civil rights law for people with disabilities. There are many other laws, both federal and state, that further define disability rights and protect against discrimination in many forms, including education, housing, transportation, employment, communication, recreation, health care, and the digital world.

Building codes have been updated to integrate the ADA Access Guidelines. The FCC has issued regulations ensuring that all forms of communication are using emerging technologies to make them accessible. The FTA regulates all forms of transportation to ensure access. The EEOC ensures there is no discrimination in employment for individuals with disabilities. The Dept. of Justice protects disability rights in all other aspects and venues.

The challenges of changing the built environment as well as the legal and social practices of our society are complicated. Progress in some aspects has been slow but always marches forward.

As the population ages, the onset of disability is nearly inevitable. The advocacy work that we in the disability community have been doing for the past forty plus years has created a far more accessible environment. Youth today take disability rights and access

for granted because they have no idea how it used to be. The Boomers that develop disabilities in the coming decade will discover the benefits of our increased access too.

Here's a salute to 23 years of progress -- with our commitment to continue advocating for change so that we all can go out and participate in everything our society and communities have to offer, just like everyone else does.

Happy Disability Independence Day!  
July 26, 2013

## USDOJ Launches Re-Designed ADA Website Providing Valuable Resources & Information

The U.S. Dept. of Justice has given its ADA website a much needed makeover that is sure to prove popular with users. The site features technical assistance documents, links to the regulations, and the 2010 ADA Standards. Civic Access and other settlement agreements also are posted for review. See [www.ada.gov](http://www.ada.gov)

[www.MentalHealth.gov](http://www.MentalHealth.gov)

Health & Human Services launched this new website to provide information and resources on mental health. It includes the basics of mental health, signs of common disorders, how to talk about mental health, and how to get help. A treatment locator helps find mental health services by state or zip code.

## ***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:** Learn basic sign language vocabulary to communicate; informal instruction. For more information, call 530-885-6100 or TTY 530-885-0326.

### **Disability Peer Support Groups:**

⇒ **Women's Mental Health Disabilities Support Group** – Monday 5:00 –7:00 pm. Call Leslie Brewer, ext. 13.

⇒ **Men's Disability Support Group** – Tuesday 6:00 – 8:00 pm. Call Jeff Cowen, ext 15, 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.

⇒ **Disability Support Group** – Thursday, 1:00 – 3:00 pm. at PIRS. Open/drop-in for anyone. Call Jeff Cowen for more info.

⇒ **Depression Support Group** – Friday, 1:00 – 3:00 pm. at PIRS; facilitated by Senior Peer Counseling Program of PCHHS. Call Tom Drake at 530-886-3413 for more information.

⇒ **Auburn Post Polio Support Group: on hiatus for the summer; next meeting in Sept.** Meets 10 am, 2<sup>nd</sup> Saturday each month at Denny's, 2480 Grass Valley Hwy, Auburn. Questions? Call Ron Hill, 530-889-0291

### **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.

### **Mental Health Association of CA**

Advocacy, education, information and other assistance necessary to ensure that all people are able to receive the mental health and other services that they need. 916-557-1166. [www.mhac.org](http://www.mhac.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](http://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>



## Vocational Rehabilitation & Employment Services for Veterans and Transitioning Service Members

The Veterans Administration can provide free vocational and educational counseling services for transitioning Service members and Veterans eligible for GI Bill benefits. (Montgomery, VR&E, Post-9/11, etc.). A transitioning Service member is defined as being within six months of discharge from active duty or a Veteran within one year following discharge from active duty under other than dishonorable conditions. A service-connected disability is not an eligibility requirement.

Counseling can take place at a Veterans Benefits Administration Regional Office or an out-based location, training facility or military installation. Services may include:

- Interest and aptitude testing;
- Occupational exploration;
- Assistance setting occupational goals;
- Assistance locating an appropriate academic or training program;
- Academic or adjustment counseling during training to help overcome problems or barriers during school;
- Services to help prepare for a new career.

To apply, complete VA Form 28-8832 - **Application for Vocational Educational Counseling**, available at: [www.vba.va.gov/pubs/forms/28-8832.pdf](http://www.vba.va.gov/pubs/forms/28-8832.pdf). Counseling services are provided by the VA's Vocational Rehabilitation and Employment (VR&E) program staff or by contract counselors. For more information visit [www.gibill.va.gov/support/counseling\\_services/index.html](http://www.gibill.va.gov/support/counseling_services/index.html).

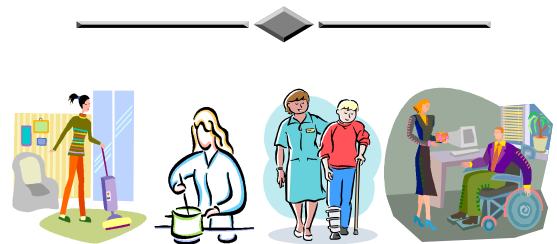
## Accessible Summer Recreation: "Hot Fun in the Summer-time!"

**Hope Valley:** accessible fishing on Carson River in Alpine County. Parking lot is located just west of the intersection of Hwys 88 and 89, with an accessible toilet and Trail access.

**Independence Trail:** wheelchair-accessible; trailhead located between Nevada City and North San Juan on Hwy 49 in Nevada County.

**National Parks and Federal Recreational Lands Pass Series:** Lifetime Passes are free for individuals with disabilities and \$10 for seniors age 62+. Active military and dependents with proper ID receive free annual passes. See details at: [www.nps.gov/findapark/passes.htm](http://www.nps.gov/findapark/passes.htm)

**Disability Sports USA FarWest:** array of summer activities from Tahoe to Sacramento for people with disabilities.  
Phone: 530-581-4161  
Fax: 530-581-3127  
Email: [info@disabledsports.net](mailto:info@disabledsports.net)  
Web Site: [www.dsusafw.org](http://www.dsusafw.org)



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

**Are you a professional care provider?**

**Apply to join PIRS Personal Assistants Registry/Referral Service. (No fee)**

**To hire a provider, or to join our Provider Registry, call Tim Cooper at PIRS - 530-885-6100, x15.**



**Do you need some minor modifications  
to make your home safer and  
more accessible?**

**Call Don Wixon, Coordinator of PIRS  
Minor Home Modification Program.  
530-885-6100, ext 34**

**ADA Checklist for Readily Achievable  
Barrier Removal**

[www.adachecklist.org/checklist.html](http://www.adachecklist.org/checklist.html)

[www.projectovision.net](http://www.projectovision.net)

Información sobre nuevas becas, pasantías,  
puestos de trabajo, y recursos que le pueden  
ayudar en el cumplimiento de sus metas  
relacionados con la educación, el empleo, y la  
vida independiente.

“Navigating Government Benefits &  
Employment: A Guidebook for Veterans with  
Disabilities.” Free download at:

[http://vets.syr.edu/pdfs/benefits-  
guidebook.pdf](http://vets.syr.edu/pdfs/benefits-guidebook.pdf)

All combat Veterans discharged from active  
duty on or after Jan. 28, 2003, are eligible for  
medical care five years post discharge. Any  
Veteran who served in a theater of combat  
operations may be eligible for complete  
health care coverage for five years after  
departing the service. Generally, this  
program does not apply to family members  
but might in limited instances - for example,  
caregivers. To determine eligibility, see the  
Veterans Health Administration (VHA) web  
site:

[www.va.gov/healthbenefits/resources/eligibility\\_check.asp](http://www.va.gov/healthbenefits/resources/eligibility_check.asp). If eligible, enrollment can  
be completed on-line, in-person, by phone or  
mail at: [www.1010ez.med.va.gov/](http://www.1010ez.med.va.gov/).

## **FCC Launches Fundamental Restructuring Of Video Relay Service**

The Federal Communications Commission  
unanimously adopted comprehensive  
reforms to further protect and strengthen the  
Video Relay Service (VRS) program that  
enables people with disabilities to do what  
most Americans take for granted: make a  
simple phone call.

The VRS program permits people with  
hearing and speech disabilities to use  
American Sign Language to communicate  
with other individuals over a broadband  
connection. Using a video link, a  
Communications Assistant translates the  
user's signed communications to the hearing  
person on the other end of the conversation,  
and then signs back the spoken words to the  
user, allowing the  
conversation to flow in near real-time. The  
program is financed through the FCC's  
Interstate Telecommunications Relay  
Services (TRS) Fund.

For more information about VRS, visit:  
[www.fcc.gov/guides/video-relay-services](http://www.fcc.gov/guides/video-relay-services).

## **Barrier-Free Health Care Initiative**

This US Dept. of Justice Initiative addresses  
access to health care for people with hearing  
disabilities and for people with HIV, as well  
as physical access to health care facilities.

DOJ has publications to assist entities to  
comply with the ADA, including its *“Business  
Brief on Communicating with People Who  
Are Deaf or Hard of Hearing in Hospital  
Settings”*, and others specific to health care  
providers, HIV discrimination, effective  
communication with people with hearing and  
vision disabilities, and tax credits available  
for providing access. For more information  
and to access these publications, visit  
[www.ada.gov](http://www.ada.gov).

## **Housing Options are Critical to the Successful Implementation of the Olmstead Mandate**

On June 4, 2013, HUD released a "Statement" on the Role of Housing in Accomplishing the Goals of Olmstead.

The Supreme Court issued its Olmstead Mandate when the State of Georgia refused to allow 2 women move out of a state institution even though their doctors agreed that they were ready and able to live in the community. The Mandate reinforces the provisions of the ADA. HUD emphasizes the critical role housing plays in implementing Olmstead and the ADA's "most integrated setting" mandate by "increasing the housing opportunities for individuals with disabilities who are transitioning from, or at serious risk of entering, institutions, hospitals, nursing homes, adult care facilities, and other restrictive, segregated settings."

HUD recognizes that "a critical consideration in each state is the range of housing options available in the community for individuals with disabilities and whether those options are largely limited to living with other individuals with disabilities, or whether those options include substantial opportunities for individuals with disabilities to live and interact with individuals without disabilities."

HUD provides three examples of integrated housing:

[1] "scattered-site" apartments providing permanent supportive housing that could be rented with Section 8 vouchers;

[2] tenant-based rental assistance (a housing voucher authorized in the HOME Investment Partnership program, administered nationally at both the State and local levels) that enables individuals with disabilities to lease housing in integrated developments; and

[3] apartments for individuals with various disabilities scattered throughout public and multi-family housing developments."

The Statement pointed out that HUD requires recipients of HUD assistance - including public housing agencies, housing vouchers, the HOME tenant-based rental assistance vouchers, CDBG, and lots of other recipients - to take affirmative steps to further fair housing.

Link to HUD's Statement:

[http://portal.hud.gov/hudportal/HUD?src=/press/press\\_releases\\_media\\_advisories/2013/HUDNo.13-086](http://portal.hud.gov/hudportal/HUD?src=/press/press_releases_media_advisories/2013/HUDNo.13-086). Then click on "Read HUD's new guidance" for the full Statement.

Sources: HUD and Stephen Gold

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## **Right to Access School Extracurricular Activities**

The Dept. of Education's Office for Civil Rights (OCR) issued Guidance clarifying school districts' existing legal obligations to provide equal access to extracurricular athletic activities to students with disabilities. In addition to explaining those legal obligations, the guidance urges school districts to work with community organizations to increase athletic opportunities for students with disabilities, such as opportunities outside of the existing extracurricular athletic program.

Students with disabilities have the right, under Section 504 of the Rehabilitation Act, to an equal opportunity to participate in their schools' extracurricular activities. The guidance letter provides examples of the types of reasonable modifications that schools may be required to make to existing policies, practices, or procedures. See more on OCR's website at:

<http://www2.ed.gov/about/offices/list/ocr/aboutocr.html>

## **ADA CORNER**

***“Returning Service Members with Disabilities”***, a US Dept. of Justice publication, explains your rights under the Americans with Disabilities Act (ADA) and provides information on where to get assistance. The ADA is a civil rights law that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life. The ADA uses different standards than the military and the Dept. of Veterans Affairs in determining disability status. The ADA covers people with a physical or mental impairment that substantially limits one or more major life activities such as walking, speaking, lifting, hearing, seeing, reading, eating, sleeping, concentrating, working, or the operation of major bodily functions such as brain, immune system, respiratory, neurological, digestive, and circulatory functions. This and many other resources about the ADA are online at [www.ada.gov](http://www.ada.gov). Access this report at: [www.ada.gov/servicemembers\\_adainfo.html](http://www.ada.gov/servicemembers_adainfo.html)

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### **Free Technical Assistance:**

- Pacific Disability and Business Technical Advisory Center (DBTAC) – Hotline provides free detailed explanations on ADA questions and Guidelines. 1-800-949-4232. [www.adapacific.org](http://www.adapacific.org).
- Dept of Justice ADA webpage: [www.usdoj.gov/crt/ada/adahom1.htm](http://www.usdoj.gov/crt/ada/adahom1.htm)
- Equal Opportunity Employment Commission – non-discrimination in employment: [www.eeoc.gov](http://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](http://www.jan.wvu.edu)

- [www.access-board.gov](http://www.access-board.gov) – US Access Board publishes access guidelines based on research about best practices.
- [www.DisabilityInfo.gov](http://www.DisabilityInfo.gov) is a cross-government portal on disability, and is easily accessible.
- [www.ncaonline.org](http://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](http://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/](http://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](http://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/>

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### **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. Get involved! Stay informed! Contact Rebecca Huntley: <[rhuntle@pirs.org](mailto:rhuntle@pirs.org)>; Call 530-885-6100, ext.15; or write: PIRS, 11768 Atwood Rd., Ste.29, Auburn CA 95603.

**Advocacy Team Workshops:**  
**Speakers and discussion on topics that impact your life. Watch for information from Rebecca and come join us!**

## To Contact Your Legislators online:

President: [www.whitehouse.gov](http://www.whitehouse.gov)

Governor: [www.governor.ca.gov](http://www.governor.ca.gov)

US Senators: [thomas.loc.gov](http://thomas.loc.gov), then choose "Senate Directory" at top.

US Representatives: [thomas.loc.gov](http://thomas.loc.gov), then choose "House Directory" at top.

State Senate: [www.senate.ca.gov](http://www.senate.ca.gov)

State Assembly: [www.assembly.ca.gov](http://www.assembly.ca.gov)

Placer County: [www.placer.ca.gov](http://www.placer.ca.gov)

El Dorado County: [co.el-dorado.ca.us](http://co.el-dorado.ca.us)

Alpine County: [www.alpinecountyca.gov](http://www.alpinecountyca.gov)



**PIRS Board of Directors is seeking new members. In particular, if you are of Latino, Asian, African-American or Native American descent and have a disability, or have legal or accounting expertise, 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  
Robert Hancock, Vice President  
Eldon Luce, Treasurer  
Dan Roye, Secretary  
Michael Cummings, Director  
Scot DeFevere, Director  
Terry Scott, Director

### **PIRS Board Meeting:**

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

## **Disability Rights Organizations:**

[www.ADAWatch.org](http://www.ADAWatch.org): Advancing the Civil Rights of People with Disabilities

**National Council on Independent Living:**  
[www.NCIL.org](http://www.NCIL.org)

**Association of Programs for Rural Independent Living:** [www.april-rural.org](http://www.april-rural.org)

**CA Foundation for Independent Living Centers:** [www.cfilc.org](http://www.cfilc.org)

**Mental Health:** [www.Bazelon.org](http://www.Bazelon.org)

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

**Disability Rights California:** [www.drc.org](http://www.drc.org)

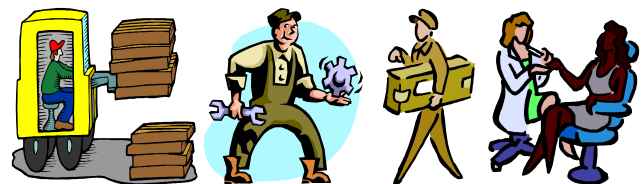
**Disability Rights Education Defense Fund:**  
[www.dredf.org](http://www.dredf.org)

**Not Dead Yet:** opposing physician-assisted suicide. [www.ndy.org](http://www.ndy.org)

**Disability Rights Advocates:** [dralegal.org](http://dralegal.org)

**American Association of Persons with Disabilities:** [www.aapd.org](http://www.aapd.org)

**California Disability Community Action Network (CDCAN):** Advocacy Without Borders: [www.cdcan.us](http://www.cdcan.us)



**[www.disabilitybenefits101.org](http://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 online at  
[www.pirs.org](http://www.pirs.org)  
For alternative formats, call us at:  
530-885-6100 (v); 530-885-0326 (tty)



*Happy 4<sup>th</sup> of July!!!*

*Please Include PIRS  
in Your Will.*

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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**

