

PIRS Hot Sheet

Advocacy & Services for People with Disabilities

National Eye Institute (NEI) Low Vision Program

The National eye Institute conducts research and works to foster awareness of low vision and other visual disabilities. NEI's website offers consumers and professionals resources for low vision, including frequently asked questions, tips for talking with healthcare professionals, and directories of specialists and services. NEI's free *Living with Low Vision* booklet (PDF) and video series are available online and also can be ordered as a set.

www.nei.nih.gov/lowvision

Mobile Technology for Hard of Hearing Users

NIDRR-funded Rehabilitation Engineering Research Center on Wireless Technology (Wireless RERC) is surveying people who are hard of hearing regarding how they use their mobile phones, and also to learn about their hearing experiences while attending public meetings and events. The information collected will help designers and engineers make new wireless devices and services that meet the needs of the hard of hearing community. To complete the survey, go to:

<http://www.wirelessrerc.org>.

State Independent Living Council Seeks Comments on Draft Plan

The first draft of California's 2014-2016 State Plan for Independent Living (SPIL) is now open for comment. The plan describes how federal money allocated for Independent Living programs in California will be spent. There are many ways to give feedback that could change the final plan:

- Attend a SILC Public Hearing. Check the website for dates: www.calsilc.org.
- Call tollfree to join the Public Hearings at 1-866-718-9441. Participant Passcode: 4147933. Check our website for agenda.
- Send an email to Kira Gunther: <kgunther@mission-ag.com>.
- Phone the SILC office toll-free at 1-866-866-7452.
- Send written comments by U.S. mail to: SILC, c/o SPIL, 1600 K street, Suite 100, Sacramento, CA. 95814.

Online Resource for Health Information:
www.healthcare.gov/news/brochures/index.html

Advocacy Team Meeting at PIRS
11 am, March 28th

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 class. For more information, call 530-885-6100 or TTY 530-885-0326.

Disability Peer Support Groups:

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

⇒ **Women’s Mental Health Disabilities Support Group** – Thursday 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.

⇒ **Individual Peer Support – New Program:** If you live between Applegate and Gold Run and would like to talk individually with a volunteer Peer Support Specialist, call Leslie, x13.

⇒ **Auburn Post Polio Support Group:** meets 9 am, 2nd 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

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 Español)

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>

About Seeing Eye GPS

Getting around independently is a function of good mobility tools like a guide dog or cane and good orientation tools like accessible GPS. Two pioneers in their fields, The Seeing Eye and Sendero Group have teamed up to provide a fully accessible turn-by-turn GPS iPhone app with all the normal navigation features plus features unique to blind users:

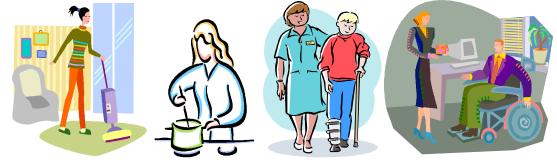
- * Instead of multiple layers of menus, the 3 important navigation elements are on the lower portion of every screen, Route, POIs and Location.
- * At intersections, the street name and your direction of travel are announced.
- * Intersections are described like 4-way with the clock face orientation of the streets.
- * There are 3 choices for POI data and 2 map sources.
- * Directions are configured appropriately for Pedestrian and vehicle routes including heads up when approaching a turn, the turn now indication, continue straight and where the subsequent turn is located.
- * When the user wanders off the route, it is automatically recalculated and updated turn information is announced.
- * Point your phone in a given direction to hear what is nearby with the *LookAround Wand*.
- * Nearby Points of interest and intersections are automatically announced.

Source:

www.senderogroup.com/products/shopseeingeyegps.htm

Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities.

www.ada.gov



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

www.proyectovision.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>

ADA CORNER

Disability discrimination in health care is illegal and unacceptable. Through the Barrier-Free Health Care Initiative, U.S. Attorneys across the nation are partnering with the US Dept of Justice Civil Rights Division to target their enforcement efforts on this critical area for individuals with disabilities. The Initiative makes sure that people with disabilities, especially those who are deaf or have hearing loss, have access to medical information provided to them in a manner that is understandable to them. This multi-phase plan also will address other key issues for people with disabilities, including ensuring physical access to medical buildings. Since January 1st, USDOJ has reached settlement agreements with healthcare providers in Missouri, North Carolina and Virginia regarding disability discrimination including a dental practice, a treatment center for eating disorders and a pain treatment center. Read the settlement agreements and more at:

www.ada.gov/usao-agreements.htm

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.

• 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. Get involved! Stay informed! **Contact Jeff Cowen: <jcowen@pirs.org>**; **Call 530-885-6100, ext.15;** or **write:** PIRS, 11768 Atwood Rd., Ste.29, Auburn CA 95603.

NEW! Advocacy Team Workshops: Speakers and discussion on topics that impact your life, meets on the last Thursday of the month. Come join us!

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, 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
Paul Opper, Treasurer
Dan Roye, Secretary
Michael Cummings, Director
Scot DeFevere, 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)

Disability Rights California: www.drc.org

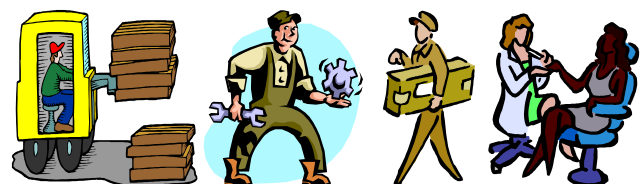
Disability Rights Education Defense Fund:
www.dredf.org

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 online at
www.pirs.org
For alternative formats, call us at:
530-885-6100 (v); 530-885-0326 (tty)



*Please Include PIRS
in Your Will.*

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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**

