

PIRS Hot Sheet

Advocacy & Services for People with Disabilities

Have you worked your way off SSI or SSDI benefits?

San Diego State University Interwork Institute is seeking individuals that were receiving Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI), or both, and have gone to work at a level that has removed you from CASH benefits. It is okay if you still receive health insurance such as Medi-Cal or Medicare.

The Interwork Institute will conduct focus groups and individual interviews to learn what worked and what did not work when you made your transition from SSI or SSDI benefits to employment. Any information you provide will be recorded for transcription, but it will be completely confidential.

Participants will be paid \$50.

For individuals outside the San Diego area, a one-on-one phone interview is available. If you are interested in participating, contact Chaz Compton, email to:

ccompton@interwork.sdsu.edu, or call 619-594-7935. Please provide:

1. Your Name;
2. The best phone number to reach you;
3. That you are interested in an individual interview; and
4. Days and times of the week that are best for you.

One of their research assistants will contact you to schedule the interview.

“What is WRONG with these pictures?”

www.disabilitygame.org

**Disability Capitol
Action Day** May 25, 2011
Begins at 10am

OUR VOICES – OUR CHOICE – OUR LIVES – OUR VOTE!

Join us at the 8th Annual Disability Capitol Action Day Event!

Disability Capitol Action Day

May 25, 2011

California State Capitol - West Steps
Sacramento, CA

**Our Voices, Our Choice
Our Lives, Our Vote**

**March to the Capitol
Educational Rally
Resource Fair**

Limited Transportation Available

Call Jeff at PIRS

530-885-6100; tty 530-885-0326

More information at:

www.disabilityactioncoalition.org

WoundedWarriorsFamilySupport.org/:

support to the families of those who have been wounded, injured or killed during combat operations.

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, 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.
- ⇒ **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>

Campaign for Community Wellness

The CCW Steering Committee is a committed group of community members, agencies, family members, consumers and others working to improve mental health and wellness in Placer County. With the Mental Health Services Act (MHSA) as their guiding link, the group works to:

- Build wellness in community
- Advocate for constituencies
- Promote peer-focused services
- Evaluate community needs
- Build community capacity
- Help develop solutions with communities
- Share Information about mental health and wellness

To learn more:

www.campaignforcommunitywellness.org



Connections: New Name

The One Stop Career Centers in Placer and El Dorado Counties have a new name: **Connections**. There are four locations to serve you: South Lake Tahoe Connections, Placerville Connections, Auburn Connections and Roseville Connections. To get started, you must sign up for an orientation class and be sure to bring your ID and Social Security card for registration.

Auxiliary aides & services are available upon request to individuals with disabilities. Special requests for services, aids and/or special formats need to be made by calling (530) 823-4635. (Voice). TTY users please call the California Relay Service at 711.

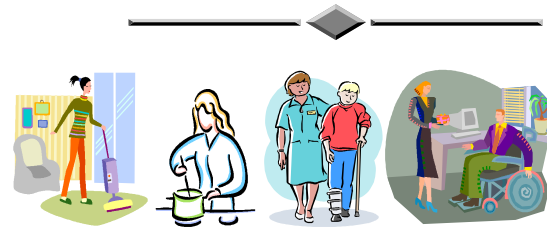
Connections is a program of Golden Sierra Job Training Agency and the Golden Sierra Workforce Investment Board.

i-vu: smallest video magnifier

If you have difficulty reading small print, then the **i-vu** can help. The **i-vu** is a simple to use digital magnifier that will help you read menus, prescription bottles, books and bills easier; view pictures more clearly; and enjoy your favorite hobbies. With three hours of battery life, the compact, portable **i-vu** is ready to go when you are. More information at 1-800-575-1456, or www.clarityusa.com.

For information about any assistive technology devices (“A.T.”), whether low tech or high tech, call Helene at PIRS.

PIRS is a member of the AT Network



**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.**



**Encountering barriers to accessibility at
T.J. Maxx, Marshalls, and HomeGoods?**

Contact Equal Rights Center at 202-234-3062 and speak with one of their disability rights specialists, or send email at www.equalrightscenter.org/complaints.

ERC is a national non-profit civil rights organization in Washington DC.

ADA CORNER

Disability Law Handbook: a broad overview of rights and obligations under federal disability laws. Individual state laws may impose more stringent obligations. This handbook is intended to inform rather than to advise, and the information provided is of a general nature. You should consult an attorney for advice about your particular situation. Contents include ADA overview and explanation of each Title, plus other laws addressing disability rights. It can be downloaded **free** in English at:

www.swdbtac.org/html/publications/dlh/index.html, or Spanish at:
www.swdbtac.org/html/publications/Spanish/gld/index.html.

Paper copies are \$5 from local DBTAC.

Free Technical Assistance:

- Pacific Disability and Business Technical Advisory Center (DBTAC) – 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.



Access surveys: tell them what works - and what doesn't - in travel, dining, shopping, etc: www.equalrightscenter.org/site/PageNavigator/DR_surveys.html

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)

Disability Rights California: www.drc.org

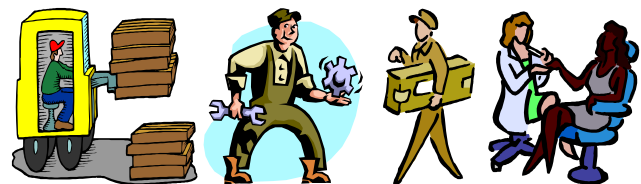
Disability Rights Education Defense Fund:
www.dredf.org

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 in alternative formats. Please call us – 530-885-6100.



*Remember Them on
Memorial 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**

