

PIRS Hot Sheet

Advocacy & Services for People with Disabilities

JAN: Job Accommodation Network

JAN provides employers, rehabilitation professionals, and individuals with disabilities an array of free services and information on workplace accommodation solutions, entrepreneurship, and the ADA, and can refer users to other federal, state, or local resources. They also offer free webinars and have a large library of resource material on their website.

For example, bringing a service animal to work is considered an accommodation. There are many questions about the rights and responsibilities of both the employer and the employees concerning the presence of these animals in the workplace. To help find the answers to service animal questions, read JAN's publication [Accommodation and Compliance Series: Service Animals in the Workplace](#). Other publications can also be found on their Website at [A to Z of Disabilities and Accommodations: By Topic](#).

"All About JAN" is a 12 minute training module with accompanying transcript and handout providing an overview of JAN. It can be found in [JAN's Multimedia Training Library](#).

JAN ENews is a quarterly online newsletter to keep subscribers informed about low-cost and innovative accommodation approaches; the latest trends in assistive technologies; announcements of upcoming JAN presentations, media events, trainings, and Webcasts; and legislative and policy updates promoting the employment success of

people with disabilities. To subscribe, e-mail to subscribe@AskJAN.org. When subscribing, be sure to include the e-mail address at which you want to receive the newsletter.

And if you have questions that might be a little complicated or tricky and are not effectively answered by the publications, please contact JAN and speak to a consultant for one-on-one assistance at (800) 526-7234 or TTY (877)781-9403.

Find all these resources and more at:

<http://askjan.org/index.html>

Active Living with Arthritis Podcasts

The NIDRR-funded [Center for Enhancing Activity and Participation Among Persons with Arthritis](#) released new episodes in its continuing active living podcast series. [The Relationship Between Inflammation, Arthritis, and Nutrition](#) talks about how diet affects inflammation in the body. [Bumps in the Road Part 2: Finding the Place for Exercise](#) guides listeners to finding the right place to get more fit. [The full podcast series](#) is available at: www.bu.edu/enact/interact-with-enact/ala_podcasts/

DOJ Gives More Time for Existing Pools:

The US Dept. of Justice has adopted a final rule requiring the provision of accessible entry and exit to existing swimming pools, wading pools, and spas (pools built before March 15, 2012), for Title II and Title III entities to take effect on January 31, 2013.

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; Tuesday, 1–2 pm. 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** – 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.

⇒ **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.

Health Rights Hotline, serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage. Tollfree (888) 354-4474 or TTY (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”.

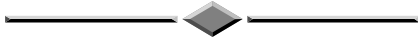
Mental Health America
In Crisis? 1-800-273-TALK
Pensar en Suicida?
1-800-SUICIDA (784-2432)

(Ellos son Latinos y hablan 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>

Mental Health Services Act (MHSA):

Placer County's 2012-2013 MHSA Annual Update is open for public comment, closing on November 16, 2012 at 5 PM. Online at: www.campaignforcommunitywellness.org/about/



SCI Focus is an online quarterly newsletter focusing on Spinal cord Injury. The current issue features how recreation and exercise can be incorporated into daily life with spinal cord injury. You will find links to resources on recreation and exercise. This information includes fact sheets, videos, survey results, and assorted links to useful information. Subscriptions are free: <http://sci-health.org/>.

SCI Focus is published by Independent Living Research Utilization (ILRU), in partnership with the Rehabilitation Research and Training Center (RRTC) on Spinal Cord Injury at the MedStar National Rehabilitation Hospital (MedStar NRH) in Washington, DC.

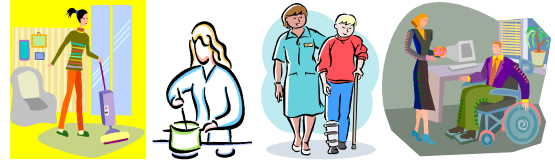


Federal Communications Commission Internet Closed Captioning Rules Went Into Effect September 30. Rules requiring distributors of certain Internet video programming to provide closed captioning to assist viewers who are deaf or hard-of-hearing went into effect on September 30. Closed captioning is the visual display of the audio portion of video programming. These requirements were implemented under the Twenty-First Century Communications and Video Accessibility Act of 2010 (CVAA). Read more about the new rules at the following link:

www.fcc.gov/document/internet-closed-captioning-rules-went-effect-september-30.



National Council on Disability:
www.NCD.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

100% of On-Demand Content to be Closed-Captioned: Netflix Inc. and the National Association of the Deaf (NAD) have submitted a joint Consent Decree to a federal court ensuring closed captions in 100% of Netflix streaming content within two years. The agreement indicates the parties' mutual intent to increase access for people who are deaf and hard of hearing to movies and television streamed on the Internet. Netflix began its closed-captioning program in 2010. Netflix has increased captioning for 90% of the hours viewed but is now committed to focusing on covering all titles by captioning 100% of all content by 2014. Captions can be displayed on a majority of the more than 1,000 devices on which the service is available.

More information about this and other settlements is available at the Justice Dept.'s toll-free ADA Information line at (800) 514-0301 or TTY (800) 514-0383; on the ADA website at www.ada.gov; or contact the U.S. Attorney's civil rights hotline at 313-226-9151.

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. 11 am – 1 pm 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
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

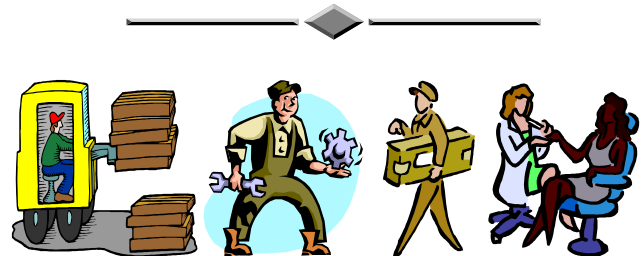
Disability Rights Education Defense Fund:
www.dredf.org

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

RETURN SERVICE REQUESTED

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

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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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**

