

Family Forum

A QUARTERLY NEWSLETTER PRODUCED BY VISION FOR EQUALITY

THE COMMUNITY OF PRACTICE: SUPPORTING FAMILIES THROUGHOUT THE LIFESPAN

By Nancy Richey, Family Policy Specialist
Supporting Families Initiative, PA Office of Developmental Programs

Often referred to as a “paradigm shift”, there is a movement and synergy across the country to support families of people with disabilities differently. Spurred by the Wingspread Supporting Families Summit of 2011, and subsequently the creation and work of the national Community of Practice within six states over the past four years, expansion to 11 new states (including Pennsylvania) officially kicks off July 1, 2016.

The overarching goal of the national Community of Practice is to support and strengthen families in ways that maximize their capacity to facilitate the achievement of self-determination, inclusion, and meaningful participation in all facets of community life for their families. The underlying change is the encouragement of families to have high expectations and a vision of a life for their loved ones rich with all the possibilities that

everyone else is encouraged to imagine for themselves. Participating states in the Community of Practice have changed the front door into their service systems, improved cultural considerations in supporting families, guided and influenced policymakers, helped shape waivers to focus on supporting families and individuals throughout the lifespan, and spurred positive systems and community changes both within and outside of the I/DD systems. New states in the initiative will benefit in numerous ways through the opportunities to learn from the original states, share strategies for change, and hone the ability to reframe conversations at all levels. As one of those new states, Pennsylvania’s strategy is to encourage and support planning and collaboration at the local and regional level, thus embracing the broad and rich diversity that

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BE A PART OF THE SOLUTION

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To include an event or submit an article for publication in the Family Forum, please email:
familyforum@visionforequality.org

INTRODUCING THE PA FAMILY NETWORK

By Lisa Tesler, Director PA Family Network

Vision for Equality is pleased to announce a new statewide peer-to-peer information and support initiative for families of people with intellectual disabilities and autism. The PA Family Network's activities are supported by the Office of Developmental Programs as part of Pennsylvania's Community of Practice: Supporting Families Throughout the Lifespan, a new initiative underway in the Pennsylvania Office of Developmental Programs.



Beginning this September, we will provide workshops for support groups, family groups, school districts and others in the community who need information and assistance. Family Network Advisors, located across Pennsylvania, will teach families to use the "Charting the LifeCourse Tools" to help their loved ones of all abilities and ages to:

- develop a vision for an Everyday Life,
- think about what they need to know and do,
- identify how to find or develop supports,
- and discover what it takes to have the lives they want to live.

The LifeCourse Tools focus on what is happening at different life stages across a variety of life domains, including community living, daily life

Did you know that there are many services that can support your child's health, well-being, and development?

- **Medical Assistance:** Medicaid, also called Medical Assistance or "MA", pays for needed physical and behavioral health services. In Pennsylvania, most children with serious disabilities qualify regardless of family income, even if they have other health insurance. These services are free of charge to families. Call your County Assistance Office to enroll, and let them know your child has a disability.
- **Early Intervention:** Early Intervention is a system of services that helps babies and toddlers with developmental delays or disabilities learn important skills. To enroll your child in Early Intervention Services, call your

and employment, citizenship and advocacy, and social and spirituality. PA Family Network will help families connect to one another, find community resources, provide individual mentoring, and assist families to navigate ODP's disability service systems. Our services are available everywhere in Pennsylvania and we are proud to offer workshops and mentoring in Spanish.

Vision for Equality is proud to begin this exciting new project; our families helping other families across Pennsylvania and throughout the lifespan. Meet our Advisor team!



If you want to host a workshop for your family group or simply want more information about us, please contact us at:

1 - 844 - PA Family
PAFamilyNetwork@visionforequality.org

county Mental Health/Intellectual Disabilities Office or Early Intervention Office.

- **Protection and Advocacy Services:** Disability Rights Pennsylvania helps make sure children get these and other disability-related services.

If you have problems getting the services your child needs, or need more information, we are here to help. Please contact us at 1-800-692-7443 or 1-877-375-7139 (TDD) or email: intake@disabilityrightspa.org.



A WINNING DECISION

By Audrey Coccia, Executive Director Vision for Equality

Vision for Equality is pleased to report that we have obtained a winning decision from the United States District Court for the Eastern District of Pennsylvania in the Michael Anderson and Vision for Equality lawsuit against The Franklin Institute in Philadelphia, PA. Which was a case filed by the Public Interest Law Center on behalf of persons with severe disabilities who were required to pay an entrance fee for their personal assistants who would accompany them as a support to the Franklin Institute.

In the decision, federal judge Gerald Austin McHugh ruled that The Franklin Institute violated the rights of disabled guests by forcing them to pay two entrance fees—one for themselves and another for their caretakers who would accompany them to the museum. According to the Judge, the science museum violated a section of the American With Disabilities Act (ADA) by failing to grant disabled visitors “full and equal access” to the facilities without charging them “double” for their visit. He ruled on Friday, May 6, 2016 that the personal assistants were only there to help and assist the disabled visitors participate in the museum’s exhibits. The Institute has been ordered to adopt new policies on waiving all such admission fees for the attendant. The lawyers from the Public Interest Law Center who

represented the plaintiffs stated that without such assistants, many severely disabled individuals would not be able to visit and enjoy facilities such as the Institute.



Attorney, Steve Gold
Public Interest Law Center

We would like to thank Michael Anderson for his courage to stand with Vision for Equality in fighting for this important decision that impacts the lives of many with disabilities granting them access to The Franklin Institute without an undue financial burden. Vision for Equality also thanks the Public Interest Law Center and attorneys Steve Gold and Julie Foster for their continued support to people with disabilities in upholding their rights.

Vision for Equality is very excited about this significant victory.

More information about this important Decision will follow in the near future.



The Children’s Team works to protect and advocate for individuals with disabilities from birth to 21 years of age by:

- Monitoring and investigating allegations of child abuse in licensed programs;
- Advocating for the elimination of restraints in schools and other settings;
- Advancing appropriate special education and related services in the least restrictive environment through intake, advocacy, and legal assistance;
- Protecting against discrimination in public and private programs and services;
- Advocating for access to developmental, behavioral, and physical health services to support children in their homes and communities;
- Working with statewide systems to improve services and supports to children with disabilities in their homes, communities, and schools; and
- Providing training and outreach to families of children with disabilities and other interested persons about the right to education, special education and related services, and other services available to assist them.

disabilityrightspa.org/Publications/

TEMPLE ACADEMY OF ADULT LEARNING

By Bonnie Squires, President, Squires Consulting

Temple University's Institute on Disabilities held a unique Commencement ceremony for students finishing a two-year program at the Academy for Adult Learning. Families, friends, recent graduates, professors and staff members of the Institute filled the room in the Howard Gittis Student Activities Center on campus for the occasion.



Celia Feinstein, Aisha and Wendy Williams

Celia Feinstein, Executive Director of the Institute, opened the proceedings. About a dozen students with intellectual and developmental disabilities were garbed in cap and gown, excited about the graduation ceremony. Each one had been paired with a Temple student mentor for the two years of their attending regular classes of their choosing.

Each student mentor came to the microphone to give a testimonial to the student whom they had encouraged and worked with for the two-year period. Love and respect and true friendship permeated all the speeches, including the ones which the students

themselves were then called upon to give. Academy students take academic courses in addition to a weekly seminar exploring college life and career options based on their interests and goals. All Academy students are required to complete a semester long weekly internship on Temple's Main Campus.

Cell phone cameras were flashing repeatedly, as proud parents and friends of the graduates captured the pride of the event. Each graduate talked about the classes which they enjoyed the most, the gratitude they felt toward their student mentor, and the knowledge they had gained in attending classes with other enrolled undergraduates. Professors were briefed by Institute staff members on how to include the Academy students in all of the class work.



Wendy Williams Celia Feinstein and Shawn Aleong

Social life was also included in the list of activities in which the Academy students participated. There are tutors available as well for any student who needs extra help.

SAVE THE DATE!

The Pennsylvania Lifesharing Coalition presents: The 4th Annual Life Sharing Conference

When: October 17th and 18th, 2016

Where: Blair County Convention Center
One Convention Center Dr.
Altoona, PA 16602

This year's theme is: *Dancing Through Life...Sharing Lives!* Andrew Steed will be joining us as our keynote speaker for this event. Look for more details in August 2016 in our website palifesharing.org

THE COMMUNITY OF PRACTICE: SUPPORTING FAMILIES THROUGHOUT THE LIFESPAN

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defines Pennsylvania's character: diversity in geography, demographics, cultures and ethnicity, history and traditions, and local identity. With counties initiating the lead in bringing all stakeholders together in their naturally-connected communities where families reside, the vision is that those "Regional Collaboratives" will collectively discover strategies that truly support families so that they can best nurture and support their sons, daughters and siblings to have full and meaningful everyday lives.

A major element of Pennsylvania's statewide strategy is the launch of the PA Family Network. With 20 family members as Family Advisors, the PA Family Network, supported by ODP, will be leading workshop sessions across the state where families can learn to use the LifeCourse tools and develop strong visions for everyday lives for their family members, as well as learn about the various service systems they encounter throughout the lifespan. The Network will also support opportunities for families to connect with one another locally, and will

interface with the newly-forming Pennsylvania Sibling Support Network, an initiative intended to develop adult sibling leaders and support opportunities around the state.

For more information on the Community of Practice and the LifeCourse Framework and tools for families, visit www.supportstofamilies.org or www.lifecoursetools.com.

For more information on Pennsylvania's supporting families initiative, to learn how you can be involved, or to schedule a presentation for your organization or staff, contact Nancy Richey at c-nrichey@pa.gov or call 717-783-1003.

For information on the PA Family Network, or to schedule family workshop sessions in your area, contact: Lisa Tesler at ltlesler@visionforequality.org or call 717-233-2424 or 844-PAFAMILY.

QUALITYMALL.ORG

Family is an important part of many people's lives. For people with disabilities, the support and advocacy of their parents, brothers and sisters, and other family members can be especially important. Recent research has shown that most adults with intellectual and developmental disabilities who need support with day-to-day living tasks receive it in their family's home. The Quality Mall has devoted an entire store, the Family Place, to share many person-centered resources to support family quality of life. The store is managed by Yoshi Kardell, who is a Policy Associate for the Human Services Research Institute at their office in Tualatin, Oregon. Here are a few of her picks from across the store's nine departments:

The Siblings department has many resources to support the brothers and sisters of people with disabilities. For example, there is a book titled, "I Have Needs Too!: Supporting the child whose sibling has special needs." This book helps parents manage sibling relationships that are fair and built on trust.

You can check out the Quality Mall listing here:

qualitymall.org/products/prod1.asp?prodid=4593&code=51016&id=2760

Another department in the Family Place is one for new parents. Here you will find resources to help families who are just learning about disability and how it may affect their family. An example product from this area is a website called "Down Syndrome: Parents Sharing" (www.Downsyn.com). This website was created by two parents who have a son with Down syndrome and it has a lot of great information.

Here's a link to its Quality Mall listing:

qualitymall.org/products/prod1.asp?prodid=10134&code=51016&id=2760

In 2012, the National Council on Disability released an interesting, research-based report called "Rocking the Cradle: Ensuring the Rights of Parents with Disabilities and Their Children." It includes 20 recommendations, and is featured with many other resources in the Quality Mall's Parents with Disabilities Department.

Check out the link below to see the Quality Mall's listing for this report:

qualitymall.org/products/prod1.asp?prodid=29497&code=51016&id=2760

THE FAMILY CORNER

This section of the Family Forum is dedicated for the support of parents, caregivers, relatives, close friends and members of the family.

CARING AT WORK

By LeAnn Thieman

Copyright 1995-2016, *Today's Caregiver* magazine.

To read more articles like this please visit caregiver.com.

Are you one of the 65 million Americans who care for a family member? One of the 20-50% of employees who tend to a loved one before going to work, then return to care again after a long hard day on the job? Feeling torn between both "jobs" and trying to perform well at each, causes so much stress that working caregivers are often plagued with more mistakes, conflicts, and stress-related illnesses. These simple tips will help ease that stress:

Talk to Your Employer Honestly: Tell your supervisor about your caregiving demands at home. Make an appointment to discuss this at a time when you are better rested and feeling your strongest so you can state the situation in a professional, emotionally-controlled manner. Don't offer excuses, but instead reasons for changes he or she may note in your attendance, work schedule, or attitude. Explain why you may need to decline additional hours, a promotion, or transfer. Reassure him or her that you are committed to the company and its peak performance and will remain accountable to your duties.

Ask For What You Need: Once you've reinforced the above commitment, your employers will be more receptive to ideas to make the workplace and schedule more manageable for you. Come prepared with suggestions that will help-- for example, coming to work early, staying late, working from home, or taking longer lunch hours to check on your loved one, make personal phone calls, (or take a nap!) Brainstorm with him or her about other workable options. Often employers allow flexibility in the use of comp time, sick days and vacations. In many organizations fellow employees are allowed to donate accrued time off to help a caregiver during a crisis period.

Take Care of Yourself: Caregivers have higher than normal incidents of illness--those taking care of someone with a chronic illness have a 63% chance of dying early; another 63% say depression is their most common emotion. Caregivers often become so depleted they cannot maintain the stamina to continue caring for another. Therefore, you must take time daily to nurture yourself physically, mentally and spiritually.

Physically: Eat well-balanced meals on a regular schedule. Take a daily multivitamin. Exercise regularly, even if it's simply taking a walk. As difficult as it may be, strive for a minimum of seven to eight hours of sleep a night and nap when possible. Get regular medical checkups and treatments of aches and pains before they turn into something more serious.

Mentally: Pay attention to your own feelings and emotions and seek counseling if needed. While it's impossible to always leave the stress and heartache in the parking lot, try to keep emotions in check at work. Vent feelings to trusted family members or friends, not coworkers. Schedule time for yourself. Use relaxation or stress management techniques, such as meditation, visualization, biofeedback and yoga. Stay actively involved with friends and hobbies. Create a support network and/or join a support group.

Spiritually: Take time, even as little as 15 minutes per day, for prayer or meditation. Read or subscribe to inspirational magazines or books to uplift your spirits. Seek the counsel of a minister or religious

leader you trust and respect.

Seek Support: Ask for help. Friends, family, and church groups are often eager to assist and are only waiting to be asked and directed. Find respite care so you can regularly take time out for yourself. There are countless community, state and national resources to support you not only at work, but at home. Most cities have programs to offer assistance to the caregiver. The National Family Caregiver's Association, nfcacares.org, is an excellent start in accessing this information. Another great resource is your local Area Agency on Aging. With the passage of the National Family Caregiver Support Program in 2000, all AAAs have a mandate to address the needs of family caregivers. Finally, if needed, you may be able to utilize The Family Medical Leave Act (FMLA), a national policy that guarantees covered employees

12 weeks of unpaid leave each year to care for a newborn baby, a newly adopted child, a seriously ill family member, or to recover from their own serious health condition while ensuring their job security. Each state has different regulations. To learn about yours, call your state legislator.

Following these tips will help you better tend to your job, your loved one, and yes, yourself.

Philadelphia Parent Support Groups

The Philadelphia Parent Support Groups (PPSG) are grassroots groups organized by families, for families of Individuals receiving Intellectual disAbility Services and Autism who share and network with one another to become better informed about resources in the community and around the state. The Philadelphia Parent Support Groups were created in 2004 at Vision for Equality, Inc. The Philadelphia Parent Support Groups have support groups throughout the City of Philadelphia.

The PPSG planning committee representatives will be presenting the first issue of their newsletter called **Sharing of the Hearts Newsletter** dated August 2016. The planning committee representatives would like to reach individuals and families of all ages through different resources. One of those resources is reaching out to families electronically.

If you are interested in getting a copy by email, contact **Barbara Nattile**, PPSG Manager at direct phone number 267-773-5288 or email address bnattile@visionforequality.org or contact **Doreatha Davis**, PPSG Volunteer at direct phone number 267-702-1600 or email address ddavis@visionforequality.org



REACHING POTENTIAL

KenCrest CONNECT is a premier private option that meets the needs of families to ensure individuals are reaching their highest potential. In preparing for college and the workforce, our services support teens and adults with disabilities toward leading a happy and inclusive lifestyle.

Contact Us

Holly Chakmakjian, Director
(215) 450-8931
holly.chakmakjian@kencrest.org

KenCrest CONNECT
960A Harvest Drive, Suite 100
Blue Bell, PA 19422



PHILADELPHIA PARENT SUPPORT GROUPS

Community Support Group

Meeting Date – Fourth Thursday of each month. (Except for Holidays, July and August)

Time: 10:00 a.m. – 12:00 p.m.

Place: Vision for Equality

The Cast Iron Building

718 Arch Street, 6N

Philadelphia, PA 19106

Representative: Sharon Duckett-215-298-2796

NW Family Support Group

Meeting Date – Second Tuesday of each month (Except for Holidays, July and August)

Time: 5:30 p.m. – 7:30 p.m.

Place: Northwestern Human Services Center

27 E. Mt. Airy Avenue

Philadelphia, PA 19119

Representative: Verna Edwards-215-248-4415

Northeast Parent Support Group

For More Information

Contact –Barbara Nattile Philadelphia Parent Support Groups Manager

Direct Number-267-773-5288 bnattile@visionforequality.org

Abriendo Caminos a los Latinos con Familias

Opening Paths for Latinos with Exceptional Families Support Group

Meeting Date- Second Wednesday of each month (Except for Holidays, July and August)

Time: 10:00 a.m. – 1 p.m.

Place: COMHAR, Inc.

3825 Whitaker Avenue

Philadelphia, PA 19104

Liaison: Marisol Ramos-267-777-1291

Roxborough Parent Support Group

Meeting Date- First Thursday of each month (Except for Holidays, July and August)

Time: 5:30 p.m. – 7:30 p.m.

Place: Andorra Library

750 East Cathedral Road

Philadelphia, PA 19128

Representative: Carol Costello-215-487-1240

There's A Place For Us Support Group

Meeting Date – Fourth Friday of each month (Except Holidays, July and August)

Time: 10:00 a.m. – 12:00 p.m.

Place: Dr. Warren E. Smith Center

1315 Windrim Avenue

Philadelphia, PA 19140

Representative: Cleo Dupree-215-329-5219

West Philadelphia Parent Support Group

Meeting Date: Second Monday of each month (Except Holidays, July and August)

Time: 6:00 p.m. – 7:30 p.m.

Place: The Free Library of Philadelphia

56th Haverford Avenue

Philadelphia, PA 19139

Representative: Doreatha Davis-215-303-3501

MEET JOSH...

By Sharon Harper

My name is Joshua Harper and I like to make beautiful things, it is just fun for me. My support worker Sharon Patterson noticed how much I enjoyed making flower vases for my mom and my nana (with her support). One day when we were in Harrisburg we were making vases for gifts for my family and other people saw them and wanted to buy them. That's how I made my first sale. Now I am starting a business.

I like picking out the different flowers, butterflies, birds and other things that make the vases look and smell good.



Josh and his support worker Sharon Patterson



Email: JoshHarperCreations@Gmail.com
Facebook: Josh Harper
ETSY: JoshHarperCreations

Let Josh make something Special for you or a loved one for that Special Occasion.

Order TODAY!!!!
Call:
267-307-0000
Or
267-333-4117



In April we had a table at the Navy Supply Depot Craft Flea market; I sold a lot of vases and met a lot of nice people. I like meeting people and delivering the vases. I have a Circle of Support. They are helping learn about selling and having a business.

My support worker helps with some of the things I cannot do alone like cutting the flowers. We go shopping for supplies together.

I have a lot to learn but with people like Sharon, my circle and others my business and me will grow.

The 16th Annual Points of Transformation Awards

When: September 29th, 2016
10 a.m.- 12:00 Noon

Where: Community Behavioral Health
801 Market Street, 11th Floor Ballroom
Philadelphia, PA 19107



Intellectual disAbility Services (IDS) invites you to celebrate the accomplishments of those who have committed their careers to supporting people with intellectual disAbility. These direct service professionals exemplify our logo: *It's all about community!* The people you nominate are models of excellence, compassion, commitment, growth and achievement.

To attend, please register with Wendy Williams at wendy.williams@phila.gov or (215) 685 - 4680.

HOW CAN I GET INVOLVED?

This is information about meetings that will take place throughout the city of Philadelphia from September 2016 to June 2017. Take a close look and get involved with the community!

Adult Protective Service: If you are aware of any person with an intellectual disability who you suspect is being neglected or abused, call the APS [Adult Protective Services] hotline: 1-800-490-8505. Reporters may remain anonymous and have legal protection from retaliation, discrimination, and civil and criminal prosecution.

Consortium Family Advisory Committee: meet every third Thursday of each month from September through June. For more information contact Princess Otigbu at 215-472-1707.

Consumer/Family Advisory Committee, Partnership for Community Supports: quarterly meetings will be held during the months of September, December, March and June. For additional information contact Mary MacAvoy @ 267-350-4513.

Consumer/Family Advisory Committee, Partnership for Community Supports: Persons wanting additional information about the meeting dates can contact Mary MacAvoy @ 267-350-4513.

First Friday Gotta Dance at SpArc: will be held every First Friday at 2350 West Westmoreland Street Philadelphia, PA 19140. For more information call 215 - 229-4550.

Liberty Resources INC: Offers consumers a variety of programs and events each month. All events take place at Liberty Resources INC 714 Market Street Suite 100, Philadelphia PA 19106. For additional information contact Shawn Tucker at 215-634-2000 ext. 325.

PersonLink Consumer /Family Advisory Committee: meetings are held quarterly during the months of March, June, September and December. For more information Please call Akilah Witherspoon at 267-295-3842 for details.

PIN Bilingual Support Group: 4501 Rising Sun Ave. Philadelphia, PA 19140. Persons interested in meeting dates and times (to be determined) can contact her at 267-507-3869. Michelle Sanchez at 267-507-3869.

Quality Progressions (267-765-2002) : Meeting dates for the next fiscal year will be September 12, 2016, October 3, 2016, November 7, 2016, December 5, 2016, January 9, 2017, February 6, 2017, March 6, 2017, April 3, 2017, May 1, 2017, June 5, 2017. Persons wishing to attend the meetings can contact Susan Fellows @ 267-765-2009 or sfellows@qualityprogressions.org

SEPTA's Advisory Committee for Accessibility: meets every 2nd Thursday of the Month. The meeting time is 12 noon. SAC's September 8, 2016 will meet at SEPTA, 1234 Market Street, Floor 11, room C from 12:30pm-2:30pm. Please contact Patricia Russell at 215-438-8250 10 days in advance prior to the meeting you wish to attend. Also, please remember: SAC is an avenue through which SEPTA's riders can voice their concerns and make suggestions directly to SEPTA/CCT.

Speaking For Ourselves: will meet the 2nd Monday in September 2016 then the 1st Monday of October 2016 through June 2017 from 5:00 PM – 7:00 PM at 701 Market Street (Philadelphia IDS), 5th Floor, Suite 5200 in the Board Room. For more information contact Debbie Robinson, Executive Director at 215-313-6392 or Shawn Outen (Department Of Aging), Advisor at 215-765-9000.

Temple Legal Aid: Offers free legal advice and representation on general legal problems by appointment only. To schedule an appointment call 215-204-1800.

ODP Everyday Lives Conference 2016

Registration is open!



About the Conference

The Office of Developmental Programs (ODP) is pleased to announce that registration is open for the Everyday Lives Conference. The conference will be held from **September 14-16, 2016**, with a pre-conference day on Tuesday, September 13 at the Hershey Lodge in Hershey, PA.

The conference features more than 60 sessions for individuals with an intellectual disability and/or autism, their family members, and the professionals who support them. Topics include, but are not limited to: employment, technology, supporting people with dual diagnosis, health and wellness, and self-determination. The conference will also feature a self-advocate art and employment exhibition and a professional exhibitor hall. **If you are interested in participating in the self-advocate exhibition or being a professional exhibitor at the conference, please call 1-844-300-4250 or email tiutta@tiu11.org.**

Registration

Registration details, including registration information and conference fees, are included in the [brochure](#). Please note that the conference offers a reduced rate for people with disabilities and families who are not attending the conference as part of their professional responsibilities.

[Everyday Lives Conference Brochure](#)

Registration Deadline: September 1, 2016

Scholarships

ODP is pleased to offer a limited number of scholarships to individuals with disabilities and their families for the 2016 Everyday Lives Conference. The scholarship covers the cost of conference registration. For those travelling 100 miles or more, it can also cover the cost of lodging. The deadline for scholarship application is **August 5, 2016**. For information about scholarships, see the [Scholarship Application Form](#).

[Scholarship Application Form](#)

Questions

If you have any questions or need assistance, call 1-844-300-4250 or email tiutta@tiu11.org.



Vision for Equality

Serving People with Disabilities and Their Families

718 Arch St., 6N, • Philadelphia, PA 19106 • visionforequality.org

T: 215 . 923 . 3349 F: 215 . 923 . 8075



Disaster Readiness Tips for People with Developmental or Cognitive Disabilities

NATIONAL ORGANIZATION ON
DISABILITY

Prepare Yourself



Information from:

National Organization on Disability
Emergency Preparedness Initiative
888 16th Street, NW, Suite 800
Washington, DC 2006
Tel: 202-293-5960
TDD: 711 Relay
Fax: 202-355-1399
E-mail: epi@nod.org
<http://www.nod.org/emergency>

To be better prepared as a nation, we all must do our part to plan for disasters. Individuals with or without disabilities can lessen the impact of a disaster by taking steps to prepare before an event occurs.

This information is designed to help people with developmental and cognitive disabilities begin to plan for emergencies. Developmental and cognitive disabilities include disorders that may affect a person's ability to listen, think, speak, read, write, do math, or follow instructions. It includes people with dyslexia, and extreme difficulty in reading, and attention deficit hyperactivity disorder (ADHD), an inability to focus on necessary tasks. Some people with neurological disorders, such as Tourette's syndrome or the effects of a stroke, may also have developmental and cognitive disabilities. Although many people with these types of disabilities live independently, others, particularly those with significant brain disorders or severe developmental disabilities, may need assistance with nearly every aspect of daily living.

You can take small steps every day to become better able to survive an emergency. Read NOD's general brochure, "Prepare Yourself: Disaster Readiness Tips for People with Disabilities." Identify your resources, develop a support network, make a plan and create a **Ready Kit** and **Go Bag**. **Start Today to become better prepared, safer, and more secure.**

For more information and printable brochure:

Go to:

http://nod.org/disability_resources/emergency_preparedness_for_persons_with_disabilities/