

LILA NEWS

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News You Can Use

From the National Council on Independent Living:

[ABLE Act Becomes Law, with Exceptions](#)

The Senate has passed the Achieving a Better Life Experience (ABLE) Act of 2014 and it is now headed to the President's desk. NCIL has supported the ABLE Act since it was first introduced in 2006. The ABLE Act was designed to allow individuals and families to save funds in an ABLE Account to better support our health and well-being, our employment, our independent living, and our self-sufficiency over time. The ABLE Act amends Section 529 of the Internal Revenue Code to make these accounts possible. Originally, ABLE Accounts were to be open to anyone applying for or participating in the Supplemental Security Income program (SSI).

Unfortunately, the ABLE Act, as passed, only applies to people who acquire a disability before age 26. People who acquire a disability after that age will not be helped by the bill at all. NCIL is disappointed that Congress chose to gut this long-standing priority of the disability community. However, NCIL members may find the following information helpful in understanding the new law.

Research shows that living with a long-term disability means having routine, higher, out of pocket costs. The ABLE Act allows families that include someone with a disability under the age of 26 to be able to save and pay for these needs.

[The National Disability Institute \(NDI\)](#) has created a list of 10 items about ABLE accounts that individuals with disabilities and their families should know: *continued next page*

ABLE Accounts, *continued*

1. What is an ABLE account?

ABLE Accounts, which are tax-advantaged savings accounts for individuals with disabilities and their families, will be created as a result of the passage of the ABLE Act of 2014. Income earned by the accounts would not be taxed. Contributions to the account made by any person (the account beneficiary, family and friends) would not be tax deductible.

2. Why the need for ABLE accounts?
3. Am I eligible for an ABLE account?
4. Are there limits to how much money can be put in an ABLE account?
5. Which expenses are allowed by ABLE accounts?
6. Where do I go to open an ABLE account?
7. Can I have more than one ABLE account?
8. Will states offer options to invest the savings contributed to an ABLE account?
9. How many eligible individuals and families might benefit from establishing an ABLE account?
10. How is an ABLE account different than a special needs or pooled trust?

These questions are answered about ABLE accounts at <http://www.advocacymonitor.com/able-act-becomes-law-with-exceptions/#more-3015>.

What Is a Disability?

Most of us with disabilities dwell on our impairments, the things that we see as our limitations and on the barriers those limitations create. Doctors and other professionals focus on our problems and try to “fix” us as much as possible. People treat us differently from others and we come to see ourselves as “not normal”. This way of thinking creates even more barriers and can lead to isolation, depression, chronic poverty, and other problems beyond our primary disability.

What if we could see our disabilities as less of an individual problem and think of it as an issue of perception? After all, 1 in 5 people has a disability, which is defined as an impairment that affects one or more of the activities of daily living such as walking, speaking, hearing, seeing, thinking, or another major life activity. That’s a pretty sizable minority.

The Independent Living movement looks at the issue of disability as a socially created problem and a lack of full integration of people with disabilities into society. In passing The Americans with Disabilities Act and its predecessor The Rehabilitation Act, Congress acknowledged that people with

Disability, *continued*

disabilities face unfair discrimination and deserve the same civil rights that other minorities have been granted. As with other civil rights movements, people with disabilities worked hard for the passage of both acts.

Because of the laws, we have curb cuts, accessible restrooms, and a variety of technological advances that help people with disabilities engage in social and vocational opportunities. However, about a third of us are still unemployed, 40% of people who are homeless have disabilities, and two thirds of people with disabilities have been abused at some point in their lives. Clearly, people with disabilities still face discrimination.

If we are able to recognize that many of the disability-related barriers we face have more to do with the way our culture views disability than with our impairments, we begin to realize that we have nothing to be ashamed, embarrassed, or guilty about. It is important to realize that the way we feel about ourselves as people with disabilities is deeply affected by how others see us.

The Independent Living Movement believes that the best way to help people with disabilities overcome

barriers is through peer support from other people with disabilities. LILA's peer counselors and support groups can help you focus on your unique strengths and skills rather than your disabilities.

Did you know? The Americans with Disabilities Act has five parts or titles, which protect the rights of people with disabilities.

Title I-employment

Title II-public entities (and public transportation)

Title III-public accommodations (and commercial facilities)

Title IV-telecommunications

Title V-miscellaneous provisions

If you believe that you are facing discrimination because of your disabilities call LILA and ask for the ADA staff. They can answer your questions and provide resources.

Peer Support Club

LILA's Peer Support Club provides a safe place for mental health survivors to gather. Our members enjoy coming to socialize and relax. The Club offers peer support, information and referrals, classes, and activities. Computers with Internet access are available for member's use. Drop by on Fridays to check it out without a membership.

Examples of activities include

- Art class
- Laughing Matters improv group
- Crocheting / knitting class
- Game night
- Field trips

Other groups and activities may be offered based on interest.

Do you have a mental health disability and have the Oregon Health Plan (OHP)?

Do you want a safe place to relax or socialize?

Do you want peer support?

Do you want opportunities for self-growth?

Join LILA's Peer Support Club!

We are located at 990 Oak St. Membership is free. Our current hours are Mon-Fri, 11 am—5 pm. Ask for an application. Call 541-607-7020, extension 52, for more information or to schedule an application appointment. A copy of the application is also available for download at the LILA website at www.lilaoregon.org/psc.

Oregon ADA Center

LILA's Oregon ADA Center provides training, technical assistance, accessibility surveys, policy and procedure reviews, website compliance, and consultations on the Americans with Disabilities Act (ADA) and accessibility regulations. These services are confidential. Violations of the ADA are not reported.

A few popular examples of many possible training topics are Employment and Reasonable Accommodations, Serving Customers with Disabilities, Service Animals, and Universal Design. Trainings can be customized.

Accessibility surveys can be done of businesses, public buildings, parks, recreation centers, public routes, or other venues open to the public to which the ADA applies. In addition to specific ADA requirements, best practices not delineated in the ADA will also be provided.

The Oregon ADA Center staff are recognized as national experts on accessibility of temporary events. They have been instrumental in increasing the accessibility of the U.S. Olympic Track & Field Trials and IAAF World Junior Championships held in Eugene.

ADA
AMERICANS WITH
DISABILITIES ACT

25

1990-2015

The Americans with Disabilities Act was signed into law by George H. W. Bush on July 26, 1990, in the presence of 3,000 people on the White House lawn. It was the first comprehensive civil rights law in the world for people with disabilities.

LILA's Oregon ADA Center invites you to **celebrate** the anniversary with us at the Hilyard Community Center, 2580 Hilyard St, Eugene, on Saturday, July 25, from 11 am to 2 pm. Join us for this free event with refreshments, entertainment, dignitaries, a parade, and information on the ADA.

Become part of the nationwide celebration for the ADA and sign the pledge at <http://adaanniversary.org>.

DISABILITY RIGHTS
ARE CIVIL RIGHTS

Passings:



We were sorry to hear that Jocelyn "Jocie" Carter passed away recently.

Jocie was an active volunteer at LILA in 2005 as the receptionist.

We nicknamed her Bubbles because she always came to the office wearing colorful hats, full of energy and laughter.

She recruited a group of about 6-8 young people who were interested in forming a social club and she wanted them to be able to participate in activities without worrying

about having to pay. She knew exactly what she wanted us to finance. She was a determined organizer. Jocie was able to get donations for the group dubbed "the Purple Dragons". She organized field trips transportation and initiated a weekly Happy Hour for the group on Fridays from 4:00 PM – 5:00 PM. This gave the group a place to go on Fridays and inspired ideas for activities either on the spot or for the week ahead. She rarely took no for an answer.

Jocie also helped with canvassing to help increase awareness of LILA services.

Jocie was an inspiration to us all.

Staff Profile: Aaron Saldana Senior Receptionist

The first person you talk to at LILA is probably Aaron. He was referred by Vocational Rehab to LILA as a consumer at the time the current receptionist was on leave. He volunteered to cover the receptionist position, starting in November 2012. Quickly becoming indispensable, he was hired in March.

In addition to greeting consumers and answering phones, he helps prepare class materials, solves phone and computer problems, and charms the copier into working properly. Aaron is always ready to assist staff. His hard work and helpful "can do" attitude make him a LILA superstar.



Aaron at the LILA Open House

June 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/ Sun
1	2	3	4	5	6/7
Job Club (drop-in) 11-3	True North: Making & Keeping Healthy Boundaries 3-4	LILA Support Group 1-2:30 Job Club (drop-in) 11-3		SSI/SSDI 11:30-12:30	
8	9	10	11	12	13/14
Job Club (drop-in) 11-3	True North: Making & Keeping Healthy Boundaries 3-4	LILA Support Group 1-2:30 Job Club (drop-in) 11-3	Job Club (drop-in) 11-3 True North: Effective Complaining 12:30-1:30 True North: Men with Moods 2:30-3:30		
15	16	17	18	19	20/21
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22	23	24	25	26	27/28
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29	30				
Job Club (drop-in) 11-3	True North: Making & Keeping Healthy Boundaries 3-4				