



ADA TODAY



Newsletter

Volume 3 Issue 8

May 2013

May is National Arthritis Awareness Month

Arthritis is a disease that causes joint inflammation and is one of the most common causes of disability among adults residing in the United States. It limits everyday activities for more than 19 million Americans. People with other types of disabilities are usually at a greater risk of having arthritis.

May 18, 2013~ National Mall, Washington, DC ~ [Make a Difference Arthritis Walk](#) ~ learn more at www.arthritiswalk.org

Arthritis Foundation Launches Public Awareness Campaign in Conjunction with Arthritis Month

The Arthritis Foundation is announcing a new multiyear public awareness campaign in conjunction with Arthritis Month this May to debunk the myths of arthritis. The Faces of Arthritis campaign will feature public service ads focusing on the harsh realities of arthritis and dispelling the common stereotypes often associated with the disease.

As the nation's leading cause of disability, arthritis affects 50 million people, one in five adults. Most people think arthritis is one disease, affects only old people and is due to "wear and tear" of the joints; however, arthritis affects all ages and is an umbrella term for more than 100 joint diseases that can affect the whole body, including organs.

"Arthritis is common, costly and painful, and people think that there is nothing you can do about it. Misconceptions around the disease contribute to millions living with arthritis pain and the persistent attitude of complacency toward the disease and its impact," says Arthritis Foundation Vice President of Public Health Policy and Advocacy, Dr. Patience White.

Face the Facts – Debunking the Myths

- Myth: Arthritis is a disease associated with aging. Fact: Arthritis can affect people of all ages. Two-thirds of people with arthritis are under the age of 65 and some of the most serious forms of arthritis occur in teenagers or people in their 20s and 30s.
- Myth: Only old people get arthritis. Fact: Children get arthritis, too. Nearly 300,000 children are affected by arthritis.

- Myth: Knuckle cracking causes arthritis. Fact: Knuckle cracking can't trigger arthritis, but it can stretch tissue and lead to discomfort.
- Myth: Arthritis is just aches and pains. Fact: Arthritis is a more frequent cause of activity limitation than heart disease, cancer or diabetes and causes work limitations for nearly one in three people in the U.S.
- Myth: Cold weather makes arthritis worse. Fact: There is no scientific evidence that a particular climate is better for people with arthritis, but changes in barometric pressure, often associated with inclement weather, may affect people with arthritis.
- Myth: There is nothing I can do about arthritis. I just have to "live with it." Fact: Early diagnosis and management can prevent the long term pain and disability seen with many kinds of arthritis.
- Myth: Arthritis is one disease. Fact: There are more than 100 types of arthritis and knowing what type you have makes a difference in how to treat it.

It's important to recognize the symptoms of arthritis early as many forms of arthritis, such as rheumatoid arthritis, can cause irreversible joint damage, often within the first two years of the disease. Osteoarthritis, the most common form, can develop within 10 years of a major joint injury.

As part of the Faces of Arthritis campaign, the Arthritis Foundation encourages people to raise awareness of this serious disease. Read More at <http://www.arthritis.org/press-center/arthritis-month-release-2013/>

Local News and Information

Mental Health Awareness Month "I, Too, Know Why the Caged Bird Sings..."

Destigmatizing Mental Illness and Raising Awareness Through Poetry ~ NorthWest One Library ~ May 30th, 6:30-8:30PM ~155 L Street NW, Washington, DC. This open mic poetry reading will provide poets and others with opportunities to share their works related to mental illness and/or recovery. So please support this program with your presence, poetry and participation.

The event will be co-sponsored by the Consumer Council of the Washington, DC Chapter of the National Alliance on Mental Illness (NAMIDC.org) and the DC Poetry Project (<http://www.meetup.com/DC-Poetry-Project>)

THE DEPARTMENT ON DISABILITY SERVICES PROVIDER RESOURCE MANAGEMENT UNIT INVITE YOU TO OUR PROVIDER FAIR

SATURDAY, MAY 18, 2013 ~ 10:00A.M.until 3:00P.M.

3400 Martin Luther King Avenue S.E., Washington, DC (In the Atrium)

Participants Include:

- **Over 30 Department on Disability Services' Residential, Day, Employment Readiness, Supported Employment, and Clinical Services Waiver Providers**
- **Rehabilitation Services Administration**
- **Department on Disability Services- Intake Unit Community Liaison**

For more information and registration contact: Angelia Powell at 202 730-1744

Understanding Social Role Devaluation and the Service Workers Role: A Social Role Valorization

Approach ~ May 29 and 30, 2013 ~ 9:00 a.m. – 4:30 p.m. Georgetown University Center for Child and Human Development ~ 3300 Whitehaven Street, NW, Suite # 3300, Washington, DC 20057

Sponsored in Collaboration by:

DC Developmental Disabilities Council, Quality Trust for Individuals with Disabilities, and Georgetown University Center for Excellence in Developmental Disabilities

- **Target Audience:** Self-Advocates, Parents, Executive Directors, Program managers, Service coordinators, QMRP's.
- **Conference Overview:** The goal of addressing devaluation, by helping devalued people to attain valued social roles, will be described. A partial list of topics to be discussed include: the universality and unconsciousness of social devaluation; the impact of social devaluation on the lives of service recipients; the defining power of roles in people's lives; and the part that human services play in perpetuating devalued social roles.

Cost: \$30 per person includes registration, all materials, continental breakfast and lunch.

For more information, registration, and questions regarding the SRV training or to request reasonable accommodations contact Mathew.mccollough@dc.gov or 202-727-6744. Registration Deadline: **May 20, 2013.**

Online Training | **Erin Sember**

New Regulations: Service Animals May 30, 2013

This session will review the following topics:• Revised definition of service animals under the ADA• Service animal inquiries under the ADA• Differences between the ADA and other laws impacting people who use service animals (i.e. Fair Housing Act, Air Carrier Access Act)

Project: Northeast ADA Center

Location: Online Webinar

Online Training | ADA Center Partner

Accessibility Update: Play Areas June 7, 2013

Topics covered will include:-The 2010 ADA Standards scoping requirements for play areas (i.e. when are play areas required to be accessible?)-Participants will learn about the ADA's Program Accessibility and Barrier Removal Standards for Title II and Title III entities and how they should be applied to existing play areas (in place prior to March 15, 2012) that are not being altered.-Technical requirements for achieving accessibility with the 2010 ADA Standards (this will include an overview of the 2010 ADA Standards Section 1008 requirements for play areas):• Play Components• Soft Contained Play Structures• Accessible Routes• Accessible Surfaces Who would benefit from these webinars?-Architects and Playground design/construction professionals-Building owners and managers-Parks and Recreation management personnel-Property Managers-Municipal managers-ADA coordinators-Disability advocates

Project: Northeast ADA Center ~ Sponsor: United Spinal ~ Location: Online Webinar

Changing a Supervisor as an Accommodation under the ADA it's not always easy getting along with others at work. Differences of opinion and communication styles can make for a challenging employment situation for some people, especially when those differences are with a supervisor. Oftentimes these differences can be accepted or worked-out, but when they can't, workplace stress becomes elevated, making it difficult for some people to perform job functions effectively. In particular, people with such impairments as generalized anxiety disorder, depression, bipolar disorder, or post-traumatic stress disorder (PTSD), may find it necessary to discuss job accommodations related to interacting with a supervisor when the relationship is less than cooperative. Click link above to [READ MORE](#)

ADA Issues Related to New Supervisors and Managers When new supervisors or managers start working, they often make changes that affect the employees they supervise. Whether these changes are good or bad, some employees are not shy about letting the new person know that they prefer the old supervisor or manager's methods. In some cases, a power struggle can ensue and the new supervisor/manager may make a statement such as "I don't care how the old supervisor did things. I'm your supervisor now and you'll do things my way." Typically everyone eventually settles down and the employees get used to the new way of doing things, but what happens when one of the employees has a disability and needs an accommodation? Here are a few examples of what can happen: Click link above to [READ MORE](#)

Federal News

[The President's Committee for People with Intellectual Disabilities Report and Recommendations for Managed Long-Term Services and Supports](#)

Wednesday, May 29, 2013

2:00pm ET - 3:00pm ET

This webinar will provide an overview of managed long-term services and supports, explain key issues for individuals with ID/DD, and highlight recommendations contained in the President's Committee for People with Intellectual Disabilities 2012 Report to the President. [READ MORE >](#)

Departments of Justice and Housing and Urban Development Release New Guidance on "Design and Construction" Requirements under the Fair Housing Act

[New guidance](#) released on April 30, 2013, by the U.S. Department of Housing and Urban Development (HUD) and the U.S. Department of Justice, reinforces the Fair Housing Act requirement that multifamily housing be designed and constructed so as to be accessible to persons with disabilities.

For more information about HUD and the civil rights laws it enforces, go to hud.gov/fairhousing and click on "Learn more about FHEO." More information about the Justice Department's Civil Rights Division and the laws it enforces is available at justice.gov/crt/index.php.

Individuals who believe that they may have been victims of housing discrimination should contact HUD at 1-800-669-9777 or go to HUD's web site: hud.gov/fairhousing, or by downloading HUD's free housing

discrimination mobile application, which can be accessed through Apple devices, such as the iPhone, iPad and iPod touch. In addition, individuals may contact the Justice Department at 1-800-896-7743 or by email at fairhousing@usdoj.gov

People interested in finding out about the Americans with Disabilities Act (ADA) can access the ADA website at ADA.gov, or call the toll-free ADA Information Line at (800) 514-0301 (voice) or (800) 514-0383 (TTY).

For Information about ODR's Newsletter call [202-724-5055](tel:202-724-5055) or visit the web at odr.dc.gov.



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MISSION STATEMENT

The mission of the District Office of Disability Rights (ODR) is to ensure that the programs, services, benefits, activities and facilities operated or funded by the District of Columbia are fully accessible to, and useable by people with disabilities. ODR is committed to inclusion, community-based services, and self-determination for people with disabilities. ODR is responsible for overseeing the implementation of the City's obligations under the Americans with Disabilities Act (ADA) as well as other disability rights laws.