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ADA

AMERICANS WITH DISABILITIES ACT

FREE & OPEN TO ALL
COME AND JOIN THE
CELEBRATION!

JULY 26, 2019

11:00 AM UNTIL 2:00 PM

AT THE RICHLAND CARROUSEL

CARROUSEL RIDES
 HOT DOGS
 FACE PAINTING

CUPCAKES & COOKIES
 POTATO CHIPS
 BALLOON FIGURES



WHAT IS ADA DAY?



The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990, by President George H.W. Bush. The ADA is one of America's most comprehensive pieces of civil rights legislation that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life -- to enjoy employment opportunities, to purchase goods and services, and to participate in State and local government programs and services. Modeled after the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, religion, sex, or national origin -- and Section 504 of the Rehabilitation Act of 1973 -- the ADA is an "equal opportunity" law for people with disabilities.

Every year on July 26th, Americans come together to celebrate this important day in history for Americans with disabilities.

PROGRAM UPDATES

The staff of the Independent Living Center would like to say thank you to the staff of the YMCA for their assistance and the United Way of Richland County for allocated funds to the 2019 YMCA program. We wish to thank our consumers for their patience also, as we have successfully completed our transition to the new cycle for our YMCA program. Please watch for the Fall Newsletter at the end of September which will include details for the 2020 YMCA program enrollment period.

We are half-way through the Summer Time Youth programs which consists of ten weeks this year and everyone is loving the events. It is wonderful to keep our youth moving in a positive and fun direction throughout the summer break. We have also launched the Adult Socialization program with an exciting number of participants, and look forward to continuing the program through our December finale. Remember it is the fourth Friday of the month, don't miss out on the fun! We would like to thank United Way of Richland County as well for the funding of two Mini-grants to support and make these programs possible.

Last, but not least ... Come and join the celebration of the **Americans with Disabilities Act**, and the 'equal opportunities' that it provides to ALL individuals with disabilities.

DISASTER PREPAREDNESS EMERGENCY CHECKLIST

PEOPLE WITH DISABILITIES PREPARING FOR DISASTER:

For the millions of Americans who have physical, medical, sensory or cognitive disabilities, emergencies such as fires, floods and acts of terrorism present a real challenge. Protecting yourself ahead by preparing your home for disaster, developing an emergency plan, creating a disaster supply kit and finding methods for easy evacuation is vital.

PREPARING YOUR HOME FOR A DISASTER:

Be sure to check on your food supplies for expiration dates and discard or replace stored water and food every six months. Check to see if you have a fire extinguisher and fire alarms within your house! If not, look into purchasing one. A fire alarm will notify you when a fire starts within your house and a fire extinguisher will play the part in putting out the fire. Be sure to read the indicator on your fire extinguisher and follow the manufacturer's instructions to recharge. Test your smoke alarms monthly and change the batteries once a year and replace smoke alarms at least every ten years.

DEVELOPING AN EMERGENCY PLAN:

Contacting your local emergency management office or American Red Cross to gather any information you will need to create a plan. Ask about things such as what kind of natural disasters to expect in your area and how your community handles them. Find out how local authorities will warn you and assist you if a disaster is to take place. Also, ask about special assistance programs available in the event of an emergency.

DISASTER SUPPLY KIT:

Because a disaster can disrupt your primary emergency plan, it is also important for you to have a back-up plan to ensure your safety. Your back-up plan should include a disaster supply kit and other things such as somewhere to go that is away from the disaster and developing escape routes. A disaster supply kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster.



PREPARING FOR DISASTER FOR PEOPLE

WITH DISABILITIES AND OTHER SPECIAL NEEDS

INDEPENDENT LIVING CENTER OF NORTH
CENTRAL OHIO

CREATE AN EMERGENCY PLAN— INCLUDE:

- Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- Find the safe spots in your home for each type of disaster.
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Show family members how to turn off the water, gas and electricity at main switches when necessary.
- Post emergency telephone numbers near telephones.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).
- Teach children your out-of-state contact's phone numbers.
- Pick two emergency meeting places. One should be a place near your home in case of a fire and the second should be a place outside of your neighborhood if you cannot return home after a disaster.
- Take a basic first aid and CPR class.
- Keep family records in a water and fire-proof container.

PREPARING FOR A DISASTER— INCLUDE:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information; the style and serial number of medical devices such as pacemakers.
- Special items needed for infants, elderly or disabled family members.