

# REACH

Resource Centers on Independent Living

**You have the Ability to REACH Success  
With the Right Resources**



**Emphasizing Abilities, Not Disabilities!**

**We are REACHing the North Central Texas Area with  
offices located in**

**FORT WORTH • DALLAS**

**DENTON • PLANO**

### **REACH of Denton**

405 S Elm Street, Suite 202

Denton, Texas 76201-6066

(940)383-1062 Voice (940)383-2742 Fax

E-mail: reachden@reachcils.org

### **REACH of Fort Worth**

1000 Macon Street, Suite 200

Fort Worth, Texas 76102-4527

(817)870-9082 Voice (817)877-1622 Fax

E-mail: reachftw@reachcils.org

### **REACH of Dallas**

8625 King George, Suite 210

Dallas, Texas 75235-2275

(214)630-4796 Voice (214)630-6390 Fax

E-mail: reachdallas@reachcils.org

### **REACH of Plano**

720 E. Park Blvd, Suite 104

Plano, Texas 75074-8844

(972)398-1111 Voice, (972)398-9649 Fax

E-mail: reachplano@reachcils.org

**[www.reachcils.org](http://www.reachcils.org)**

The following pages in this booklet  
reflect services provided only at the  
**REACH of Denton**  
Resource Center on  
Independent Living.

To learn more about specific services  
provided in

**Fort Worth**

**Dallas**

**Plano**

Please contact the other centers listed  
in the information provided at the left.

**REACH of Denton offers the following services:**

- **Information and Referral**
- **Peer counseling on living with a disability**
- **Skills training on such topics as menu planning, accessing public transportation, time management, budgeting and assertiveness**
- **Advocacy assistance and training**
- **Technical assistance and training in complying with the Americans with Disabilities Act (ADA)**
- **Advice and training on the removal of architectural and attitudinal barriers that people with disabilities encounter**
- **Loaner adaptive equipment such as wheelchairs, walkers, and visual aids**
- **Training to become a peer counselor**
- **Social/Recreational activities**
- **Adjustment to DisAbility Training group sessions**
- **Community education on disability related topics**
- **Weekly support groups**
- **Computer Lab**
- **Benefits Counseling for Veterans**

**Services for people who are blind or visually impaired.**

**REACH of Denton and the Texas Department of Assistive & Rehabilitative Services-Division for Blind Services offer skills training for people who are blind or visually impaired.**

**Services may include:**

- Training techniques with low vision aids
- Peer counseling
- Application assistance for low vision programs
- Mobility training & community resources
- Equipment loan

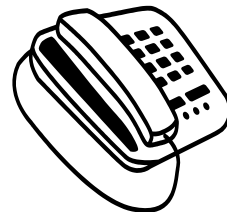
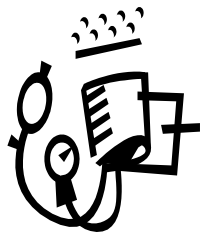
For more information contact Missy Dickenson at 940-383-1062.



## REACH of Denton Loaner Equipment Program

REACH of Denton is now offering an expanded loaner equipment program to help people maintain their independence. Loaner Equipment includes handheld, pocket, and stand magnifiers; talking alarm clocks; watches and blood pressure monitors; closed circuit TV reading machines; big button phones; wheelchairs, and canes.

For more information contact Becky Teal at 940-383-1062.



## **Americans with Disabilities Act**

### **The Law...**

The Americans with Disabilities Act of 1990 (ADA) guarantees civil rights to people with disabilities similar to the rights protected on the basis of race, color, sex, national origin and religion by the Civil Rights Act of 1964. The ADA prohibits discrimination against people with disabilities in:

1. Public & private sector employment
2. Services rendered through state and local government entities
3. Places of public accommodations, i.e. restaurants, theaters, stores & hotels
4. Public & private transportation services
5. Telecommunication services for people who are deaf, hearing impaired or speech impaired.

### **ADA Technical Assistance Services**

The REACH employ people with disabilities who have received training to provide consultation to your company in the following areas:

- Help in interpreting the ADA, its regulations and accessibility guidelines
- On-site audits to pinpoint architectural barriers and information on tax credits for removal of these barriers
- Information on suppliers of accessible building products
- Ongoing technical support and disability awareness/sensitivity training for management and staff

For more information contact Murphy Hardinger at 940-383-1062

## **Adjustment to Disability Training Group**

Sessions are held on Tuesdays from 9:30-10:30 AM

The sessions are free and are held at the  
REACH of Denton center

Facilitated by Tom Schenck, M.S., M.A.  
Licensed Chemical Dependency Counselor  
Licensed Marriage and Family Therapist  
Licensed Professional Counselor

This training group offers the participants a chance to discuss and receive guidance on issues related to living with a disability. By attending the weekly sessions, the participants gain insight from the group interaction and develop supportive relationships with other people with disabilities. By attending the Adjustment to Disability Training group, the participants are given the tools they need to live productively and independently in the community.

### **TOPICS DISCUSSED IN GROUP MAY INCLUDE**

- \* Assertiveness \* Relaxation Techniques \* Daily Living
- \* Relationships \* Grief & Pain Management
- \* Self-Esteem \* Community Resources

To register to attend these sessions, contact Becky Teal at 940-383-1062.

## BILL OF RIGHTS FOR PEOPLE WITH DISABILITIES

We believe that all people should enjoy certain rights. Because people with disabilities have consistently been denied the right to fully participate in society as free and equal members, it is important to state and affirm these rights. All people should be able to enjoy these rights, regardless of race, creed, color, sex, religion, or disability.

1. The right to live independent, active, and full lives.
2. The right to the equipment, assistance, and support services necessary for full productivity, provided in a way that promotes dignity and independence.
3. The right to an adequate income or wage, substantial enough to provide food, clothing, shelter, and the other necessities of life.
4. The right to accessible, integrated, convenient, safe and affordable housing.
5. The right to quality physical and mental health care.
6. The right to training and employment without prejudice or stereotype.
7. The right to accessible transportation and freedom of movement.
8. The right to bear or adopt and raise children and have a family.
9. The right to a free and appropriate public education.
10. The right to participate in and benefit from entertainment and recreation.
11. The right to equal access to and use all businesses, facilities, and activities in the community.
12. The right to communicate freely with all fellow citizens and those who provide services.
13. The right to a barrier free environment.
14. The right to a legal representation and full protection of all legal rights.
15. The right to determine one's own future and make one's own life choices.
16. The right to full access to all voting processes.

## Weekly Support Group Sessions

Discuss disability-related issues, receive peer support to achieve your personal goals, and move toward independence.

Held every Wednesday afternoon from 1:00-2:00 PM at the REACH of Denton center. Topics vary from week to week.

Contact Murphy Hardinger at 940-383-1062 .

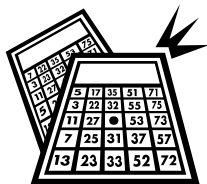
The group also participates in various social/recreational activities that include:



Picnics



Music on the Square



Bingo



Shopping



Movie Day



Bowling

## **MEETING PEOPLE WITH DISABILITIES**

It's okay to offer your help to someone...but ask first. Or wait for someone to ask you for help.

It's okay to ask people about their disabilities and it's okay for them not to talk about it.

Remember...just because people are using wheelchairs or crutches or just because they have a disability doesn't mean they are sick. Many people who have disabilities are healthy and strong.

When talking with people who use wheelchairs, sit down so they won't have to look up.

It's okay to use words like "see", "hear", "run", and "walk" when talking with people with disabilities.

Words like "crippie", "gimp", "afflicted", "patient", "spastic", "retard", "suffering" or "victim", among others, are not preferable when referring to people with disabilities because they tend to be demeaning and promote negative perceptions.

It's okay to ask people who are deaf or people who have speech impairments to repeat what they say if you don't understand them the first time.

If an interpreter is helping you speak with a person who is deaf, make sure you talk to that person, not the interpreter.

People who are blind hear as well as anybody. Don't speak loudly when talking to them or people with disabilities. People with disabilities like to have fun just like any one else. Think of ways to include them in activities with your friends or co-workers.

Canine companions, such as guide dogs or service dogs, are on the job. Never pet or play with them because they can't be distracted from their work.

Do not park in the parking spaces designated for people with disabilities. They need them more than you do.

Treat a person with a disability the way you like to be treated.



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