

REACH

Resource Centers on Independent Living

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



REACH of Plano
720 E. Park Blvd., Suite 104
Plano, Texas 75074-8844
972-398-1111

www.reachcils.org



Emphasizing Abilities, Not Disabilities!

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

**PLANO • DALLAS
FORT WORTH • DENTON**

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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 at you.

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

Words like *cripple*, *gimp*, *retard*, *afflicted*, *patient*, *spastic*, *victim*, *wheel-chair bound* or *suffering*, among others are not used 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 a sign language interpreter is helping you speak with a person who is deaf, make sure to talk to the person, not the interpreter.

People who are blind hear as well as anybody, don't speak loudly when talking to them or other people with disabilities.

People with disabilities like to have fun. Think of ways to include them in activities with your friends or co-workers.

Canine companions, such as seeing eye 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 would like to be treated.

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.

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

To learn more about specific services provided in

Dallas

Fort Worth

Denton

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

REACH of Plano

(picture of our office door)



S.O.A.R

Students Overcoming Achieving and REACHing

Youth Transition SOAR program

Students: S.O.A.R's participants/students will focus on these four (4) elements in order to meet daily goals within the program. In addition, all students will participate in a variety of fun, social developmental activities through fitness, art, creative games, and academic trivia.

Overcoming: Engaging our participants through the use of interactive fitness activities and games which challenge and motivate the student, while building team spirit.

Achieving: Learning and reinforcing life skills to include the following: cooking, beauty/health and hygiene, buying vs. renting a home, healthy relationships, budget and finance, career/job readiness, inspiring the leader within you, time management, stress management, and arts/theater role play.

REACHing: Setting personal and professional goals for your future, self-advocacy - Becoming the Best You!

Finding Your Voice!

Contact Clarence Russeau for more information.

Social Recreation

Monthly Crafts and Monthly Outings

Participate in social interaction with others by joining our monthly Craft group. New projects and crafts provide a creative outlet, develop a new skill and a chance to take home a completed project that you've made. There is no cost for these classes or for the materials.

Our monthly Outings are activities that the consumers plan, whether it's meeting at a local restaurant, going bowling or watching a movie. Join us for fun and socializing. Financial responsibility for activities are up to each person attending.

For schedule and activity listings call
Cynthia Rogers at 972-398-1111

Location

**720 E. Park Blvd., Suite 104
Plano, Texas 75074**

(map)



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

- Information and Referral
- Peer Counseling/Peer Support
- Independent Living Skills Training

- Advocacy Assistance and Training
- Nursing Home to Community Living Relocation Assistance—Home By Choice program

- 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
- Community Education on Disability-Related Topics

- Social/Recreational Activities

- Assistive Equipment Loan of Manual Wheelchairs
- Free Durable Medical Equipment and Supplies when available—Walkers, Shower Chairs, Bed-side Commodes, Canes, Adult Diapers, etc.

Quarterly Chats and Hats

To encourage, enlighten, and empower women with disabilities to share their stories, thoughts, and opinions on issues that affect women daily. Women can bring their hat of choice as we chat over a beverage of choice.

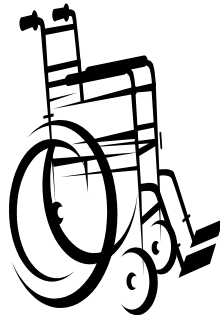
Quarterly Chats and Hats will discuss topics such as:

1. Friends
2. Social Interaction/Communication
3. Career Exploration
4. Parenting
5. Relationships
6. Understanding your Disability
7. Self-Advocacy
8. Leadership
9. Self Confidence/Esteem
10. Critics
11. Etiquette
12. Budget/Finance
13. Health/Fitness/Nutrition

We will have guest presenters and group activities at the center that will help you take on leadership roles and build friendships and connections.

If you would like more information please contact us at 972-398-1111

Assistive Equipment Loan Program



**Do You or Someone You know
Need a Wheelchair?**

REACH of Plano May be Able to Help!!!

Through the Assistive Equipment Loan Program, REACH can loan you a manual wheelchair while you're waiting for other agencies or insurance to purchase a chair for you. A loaner wheelchair will insure you stay Mobile so you can keep doctor appointments, go shopping, visit with friends, etc.

You will need the following items to borrow a wheelchair from the center:

- Proof of U.S. residency
(Texas Driver's license or TX ID card)
- \$25 cash deposit is required at the time of intake/pick-up. Your deposit will be refunded when the wheelchair is returned to the REACH of Plano office in good condition

If you need more information about this program,
please call Cynthia Rogers at 972-398-1111

Wheelchairs are loaned based on need and the
availability of the appropriate size chair

HOME BY CHOICE (HBC) PROJECT

NURSING HOME TO COMMUNITY LIVING RELOCATION ASSISTANCE

REACH, in compliance with the President's New Freedom Initiative, works in partnership with the Area Agency on Aging of North Central Texas and the Department of Aging and Disability Services to provide relocation services for eligible nursing facility residents who want to transition into the community.

REACH of Plano will work with community supports to provide this much needed service to individuals who have the desire and ability to transition back into the community.

The HBC program provides assistance in accessing:

- DADS Community Care Services
- Housing resources
- Grants for paying moving expenses, rent and utility deposits, household items, and other related expenses
- Information on living in the community with suitable support and community resources
- Case Management

If you need more detailed information about this program, please contact Susie Reukema at 972-398-1111

INDEPENDENT LIVING SKILLS CLASSES

Learn the newest in assistive technology, learn new ways to cook in order to accommodate your disability, learn tips to help with laundry and cleaning chores, develop reading and math skills, volunteer to participate as an "E-Magazine Volunteer", and/or participate in our ever-changing events such as the Photography Exhibit and Art Exhibit.

Become more independent by attending Skills Classes to improve your communication style, build self-esteem, become more assertive, manage your attendant care services, handle your budget and money more effectively, set and achieve your goals, problem solve, make informed decisions, and learn about the history of the Independent Living Movement.

For more information about this program,
Please call Julie Espinoza at 972-398-1111

Community Living Specialist

Assistance offered to people with disabilities by providing support and advocacy

Issues range from: locating housing, housing discrimination, lease interpretation, and tenant housing issues which may include evictions and accessibility

Education is also provided on an ongoing basis about local, state and national legislative initiatives affecting people with disabilities

Additional services may include negotiations on employer/employee relations

For more information please call
Clarence Russeau at 972-398-1111