

Speech Reading in ACCD's Boardroom

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For the past fifty years, Hilda Campbell has been an educator, a writer, and an advocate for the deaf and hard of hearing. But if you ask Hilda about this, she'll tell you her story and her accomplishments are secondary. Raising awareness about the barriers experienced by those who are deaf and hard of hearing and getting rid of the myths associated with this uniquely able group of people are the important issues.

Removing barriers for people who are deaf and hard of hearing involves paying for professional services on an ongoing basis. The professional services of American Sign Language interpreters (of which there is short supply) and Communication Access Realtime Translation specialists are frequently needed, so cost quickly becomes an issue. But without this professional support, nearly every social setting outside of Deaf Culture is inaccessible to those who cannot hear. This leads to isolation.

Hilda is quick to draw attention to the isolation of deafness, which is experienced more so by those who are

not part of Deaf Culture. Deaf Culture is a social movement that considers deafness to be a difference in human experience rather than a disability. It has its own sign languages, heritage, history, literature, and any and all other aspects of hearing culture. It is important to note that participation in Deaf Culture is not dependent on the level of hearing loss and generally includes those who communicate by using sign language, people who attended schools for the deaf, children of deaf parents, and sign language interpreters.

Although full participation in Deaf Culture can happen at any time and under a variety of circumstances, there are many people who are deaf and hard of hearing who never become part of the Deaf Culture. These people are especially affected by isolation and communication barriers. Without active involvement in Deaf Culture's social

settings, confidence using American Sign Language, or the ability to speech read, many who are deaf and hard of hearing are caught between the hearing community and the Deaf Culture community.

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Information is Power

Visitability and Adaptability

Visitability and adaptability are ideas that have emerged from the accessibility movement. A basic means for meeting the needs of people with disabilities and our rapidly aging population, visitability seeks to make homes more accessible by having them meet only three conditions:

- One entrance at the front, side, or rear of the home that is flat and has no steps.
- 32 inch wide clearances at doorways and hallways, with at least 36 inches of clear width elsewhere.
- At least an accessible half-bath on the main floor.



After 2011, the landscape of Canadian age demographics will move into uncharted territory, and issues of accessibility will become a foremost concern of our society. Unfortunately, and perhaps frighteningly, Canada's current housing supply is not designed to deal with these issues.

For many, aging is accompanied by the onset of disabilities. Younger, able-bodied people usually don't think about age-related disabilities and how they can drastically alter day-to-day life. With this in mind, a growing number of designers, architects,

academics, stakeholders in the disability community, and baby boomers on the threshold of becoming senior citizens are asking the following questions: if people acquire a disability, would the current design of their homes prevent them from living there? Could people's homes be visited by friends or family members who acquire a disability?

Adaptability is the idea of designing homes so they can undergo quick and affordable renovations in the event that someone who lives in the home acquires a disability. This can involve design features such as reinforced walls suitable for mounting grab bars, or designing a space for an elevator shaft in a house's frame, which can be hidden by drywall until the feature is needed.

As the population of seniors outpaces new births, more attention is being drawn to accessibility issues in Canadian homes. Statistics Canada predicts that children 15 years or younger will be outnumbered by people 65 years of age or older by 2016. Although growth of the elderly demographic has been modest up to now, it will speed up in 2011, when the first wave of baby boomers celebrates their 65th birthday.

Visitability and adaptability offer affordable and sustainable solutions to this imminent problem. Planning visitability and adaptability during the design phase costs far less than major renovations. What's more, having these design features in the home will ensure people can age in place rather than having to move to a long-term care facility. For more information on visitability and adaptability, please contact ACCD's office at 780-488-9088 or toll free at 1-800-387-2514.

*It's our
turn to
pass this
information
on to you*

Mailbox



“Thank you so much for coming to our school and sharing your message with our students! You are an inspiration!”

Hardisty Elementary/Junior High School
Staff and Students

Speech Reading in ACCD’s Boardroom *Continued from Page One...*

Every Wednesday in ACCD’s boardroom, Hilda and a group of others who are deaf and hard of hearing, get together to develop and practice speech reading strategies to improve communication.

Speech reading is not a perfect method of communication – it relies heavily on anticipating what others are saying; reading newspapers every day is one such strategy that helps speech readers do this. Knowing about current events allows speech readers to predict what other people are talking about. But no matter the quality or the number of strategies used, developing the ability to speech read is extremely difficult. Success depends on committing a high and often exhausting

degree of concentration to every conversation. It also depends on a person’s natural talent for developing the skill, which – understandably – not everyone has.

Fortunately, Hilda and the others who meet on Wednesdays aren’t concerned with measuring individual success. The social elements of the weekly meeting are important: communicating, having fun, and getting to know one another. Just being with others who are hard of hearing or profoundly deaf helps break down the barriers and the isolation of hearing loss, and it reconnects people with a sense of community.

Meet the Board

Weslyn Mather, Member-at-Large (Edmonton)

In 2009, Weslyn Mather brought her experience as an educator, an administrator, a registered psychologist, and a politician to ACCD’s Board of Directors.

Weslyn began her work in the education system over forty years ago, teaching and counselling at the junior high level in Calgary, and, since that time, she has won several awards for her work

In 2004, Weslyn was elected to public office as a Liberal MLA for Edmonton-Mill Woods. During her time in the legislative assembly, she gained a lasting respect from her colleagues.



A professional to the core, Weslyn’s communication, planning, and problem solving skills are a welcome addition to ACCD. When asked what specific skills would serve her best

in her role as a director on ACCD’s board, Weslyn said, “I enjoy working as part of a team to problem solve or plan projects, and I appreciate the many resources within a staff. I have an ability to see strengths in others and to therefore realize that they can take on responsibilities and share their abilities for the benefit of others.”

Weslyn, a resident of Alberta for more than five decades, currently resides in Edmonton.

Did You Know?

The City of Edmonton's New Assisted Waste Program

Municipalities of Alberta, take note: The City of Edmonton has a new plan to help senior citizens and people with disabilities take out the trash. As of August 28th, 2009, collection workers will haul garbage and recycling to the curb or back alley for people who are unable to do so because of age, short- or long-term disability. Once the applications have been approved people can leave their garbage at the front or back door of their homes.

The city's usual garbage pick-up rules apply. Workers will collect materials accepted from all households. Program participants must place garbage in black bags or containers no bigger than 100 litres, and they must place recycling in blue bags. For the sake of city workers, each bag or container should weigh no more than 20 kg.



Assisted waste collection is a free service and it will be provided to participants for a minimum of three months. Seniors and people with long-term disabilities will receive this service continuously, and people with short-term disability will receive it for six months, after which they must reapply for the service.

One week after the city receives an application form, the applicant will be contacted by telephone and arrangements will be made for a home visit with a collections services representative. During this visit, specific details regarding the service, such as the intended start date, will be discussed. If people wish to discontinue the service at any time, it is their responsibility to contact the city's Waste Management Branch at 780-496-5698.

Online applications are available on the City of Edmonton's website (www.edmonton.ca). Printer-friendly applications are also available and can be faxed to 780-496-5657 or mailed to the following address:

Waste Management Branch
2nd Floor Century Place
9803 102A Ave
Edmonton, Alberta T5J 3A3

Applicants may be required to provide documentation from their health care provider to confirm eligibility in the program. If you have questions regarding this program, please call the city's Waste Management Branch at 780-496-5698 or send an email to wasteman@edmonton.ca

Collection workers will haul garbage and recycling to the curb or back alley for people who are unable to do so because of age, short- or long-term disability.

You are invited!

Our annual open house is a time for meeting with old friends and newcomers to let them know about the work ACCD is doing. Each year we focus on an exciting aspect of our organization, and this year is no exception. We are eager to fill you in, so please join us at ACCD's office for food, drink, and merriment!

Date: November 20, 2009

Time: 3:00 pm – 6:00 pm

Location: 106-10423 178 ST NW

Parking is available on the west side of the parking lot. Accessible parking is available next to the building's south side entrance.

Call for Nominations: CCD Award

Join Us In Celebration

*The
deadline for
nominations
is December
31, 2009.*

Do you know an Albertan whose commitment to the disability community deserves recognition? If so, please consider nominating that person for the CCD award. Another year has passed and ACCD will once again present the Council of Canadians with Disabilities Award to an individual who is dedicated to the “pursuit of full participation in society by people with disabilities.”

If you would like to nominate someone for this award, the deadline for nominations is December 31, 2009.

Nomination forms are available by calling the ACCD office at 780- 488-9088 (in Edmonton) or toll free at 1-800-387-2514 (the rest of the province). Nomination forms are also available on the ACCD website at www.accd.net. Click on “What We Do” on the web site menu.



**International Day of
Persons with Disabilities -
Alberta**

On Thursday, December 3, 2009, the United Nations will once again be encouraging people to celebrate the achievements of people with disabilities. This year’s theme is “Making Millennium Development Goals Inclusive: Empowerment of Persons with Disabilities and Their Communities around the World.”

The theme of this important day can be observed in many different ways, including distributing information and raising awareness about how people with disabilities can be further integrated into the development of their communities. ACCD will have information about events around Alberta that celebrate this important day as details are made available. Information on IDPD events across Alberta will be posted to the Premier’s Council on the Status of Disabilities web site at www.seniors.alberta.ca/premierscouncil/.

AISH Network

ACCD will soon be delivering some of the services previously offered by the AISH Network, which disbanded in 2008. ACCD staff will now assist AISH applicants and recipients who are having troubles filling out forms,

understanding policy, writing appeals, or voicing complaints. To access this service, contact ACCD’s office, Monday to Friday between 8:30 am and 4:30 pm, at 780-488-9088 or toll free at 1-800-387-2514.

Around Alberta: Calendar of Events

The Arthritis Society hosts Arthritis 101 Workshops

*Thursday November 5, 2009
and Tuesday February 9, 2010*

*VRRRI, Classroom 3
3304 33 St NW
Calgary, AB
Time: 10:00-12:00 pm*

*Tuesday March 10, 2010
South Calgary Health Centre
31 Sunpark Plaza SE
Calgary, AB
Time: 6:30-8:30 pm*

Arthritis 101 is a FREE two hour interactive workshop for people newly diagnosed with arthritis or for anyone looking for more information about the disease. This workshop helps individuals understand the ABC's of Arthritis. To register call 403-943-2584

In-Definite Arts Society's Upcoming Exhibition

In-Definite Arts provides a community-based creative arts program for over 180 artists who have developmental disabilities. In-Definite artists communicate, experiment, and express themselves through various chosen mediums: fibre arts, ceramics, woodworking, glass, jewellery, collage, sculpture, drawing and painting.

In-Definite's upcoming exhibition, *Open Spaces*, will be featured in window galleries on the LRT platform adjacent to the Telus Convention Centre in Calgary from November 1st to December 31.

Canadian Association for Disabled Skiing Registration and Information Evening for Students and Volunteers

This is a one-day-only registration and information session for all students! Space is limited and student registration is on a first-come-first-serve basis. If you are interested in CADS and have questions about the program, please join CADS at the Snow Valley Ski Club in Edmonton on Wednesday, November 18th, from 6-9 pm. Ski School Directors and Senior Instructors will be available to answer questions and provide information.

All new students must have an equipment needs assessment done by a senior instructor at the time of registration. Attending the equipment fitting is not mandatory for returning students. Volunteers are also encouraged to register on this evening. New volunteers must complete a police information check. Please bring two pieces of government issued ID with you to registration. If you wish to volunteer but are unable to attend please call Darlene Cathcart at 780-669-3856.

Disabled Curling with the Alberta Amputee Sports and Recreation Association

October through February, AASRA is hosting Disabled Curling every Saturday between 11am -1pm at Calgary's Ogden Legion Club. For more information, contact Jack Smart at 403-201-0041.

Season's Greetings!

All of us here at ACCD wish you and your loved ones a safe and happy holiday season!

