

ISSUE 28 APRIL 2011



The
Riot!

Teresa's
Spotlight p.2

Advocacy &
Facebook p.5

Safety Tips p.8

Closing the
Gap p.10

THE
DIGITAL
DIVIDE

The Riot! is a publication of the
Human Services Research Institute www.hsri.org

About The Riot!...

The Riot! is produced by Human Services Research Institute in Tualatin, OR.

We work together with self-advocates to develop and write each issue.

Here's who "we" are:

Chief Editor

Teresa Moore - AZ

Contributing Editors

Erica - Rachael Fiel - VA

Mike Grengs - SD

Rocky Hughes - MT

Trisha Jones - AZ

Eric Matthes - WA

Nancy Ward - OK

Marian West - NH

Betty Williams - IN

Cartoonists

Jazmyne Araya - OR

Ericky Yeary - ID

To Contact Us:

Website:

www.theriotrocks.org

Phone:

503-924-3783 ext 10

Email:

theriot@hsri.org

Mail:

The Riot! at HSRI
7690 SW Mohawk St
Tualatin, OR 97062

**Teresa's Spotlight**

by Teresa Moore

Using technology is like self-advocacy - it gets better with practice. When I first started in self-advocacy I was afraid of laws. People I trusted explained how things work and how laws can change our lives. Now, I never want to be left out of meetings or hearings about laws that affect my community, people with disabilities, and their families.

Some people might be afraid of technology at first. If you use a cell phone, cable TV, a CD player, a motorized wheelchair, a communication board, video games, or use bank cards instead of writing checks, you are using technology.

I want to talk to you about technology and the digital divide. The digital divide refers to the gap between people who have access to computers and the internet and people who don't. This gap affects people with limited incomes, the elderly, and people who have disabilities.

Some reasons include:

1. High speed internet is not available where you live.
2. It is too expensive to get internet connected and pay a monthly bill.
3. You don't have a computer or your computer is too old for the internet.
4. You think you have to be smart to use a computer and the internet.

If you don't have access to computers and the internet, you are disconnected from valuable life skills and important information. Many jobs require computer skills and most information is available at your finger tips - if you have access.

The federal government has a 10-year plan to make sure that all people have access to the internet. Read more here: <http://beta.fcc.gov>. This plan will help people get information about healthcare, education, and job or business opportunities.

Have you heard people say self-advocates do not need to use computers and the internet? These ideas are just plain silly! Speak up about your right to use computers and the internet. Say "No" to being separated from other people at school, work, or home.



We have worked too hard for our rights to let the digital divide get bigger. People with disabilities have helped companies make technology more accessible than ever before. We must push to be a part of the future - to be included using technology.

Power up the self-advocacy movement in your state!



Use the Power Up process to help your group get better at what you do and reach your goals.

Learn more at:

<http://www.theriotrocks.org/services/power-up>

(503) 924-3783 ext. 14



Announcing The Riot 2011 National Conversation Series:

Who's in Charge?

May 3, 2011 ~ June 7, 2011 ~ July 12, 2011

Visit our website today to register and join in on the conversation! See page 10 for more details and a list of our speakers.

www.theriotrocks.org

Space Race!

A Game to teach self-determination



Order yours today and get a free carrying case!

503-924-3783 ext. 24

<http://www.theriotrocks.org/products/space-race>



To order your copy of the Self-Advocacy Tree poster, visit our website at www.theriotrocks.org

Self-Advocates Tell It Like It Is

by Betty Williams



JJ Hanley is a mother of two sons, one of whom has autism. She believes in storytelling as a great way to build awareness. She started out as a film maker, then created JJ's List.

JJ's List is a website where you can post (write) a review about how well local businesses are serving customers with disabilities. The website uses computers, the internet, and social media to build awareness and inclusion of people with disabilities in the community. People can share what businesses do well or what needs improvement.

Whenever a review is posted, staff from JJ's List let the business know so they can read it. Businesses will start to pay attention and learn something about disability. This empowers people with disabilities, their family members, and friends to have a voice that gets heard. It is an important way to build disability awareness in the community.



JJ does a lot of presentations and workshops in the community to teach people about JJ's List. She also trains high school students on how to use the site. Students learn computer skills that help them get jobs in the community.

JJ's dream is for the website to be used nationwide. No matter what state you live in, you can post a review on JJ's List.

Check out www.jjslist.com and write a review today!



...where people with disabilities
review businesses and services.

Technology is Here to Stay

by Nancy Ward



Elesia Ashkenazy is the National Chapter & Outreach Coordinator for the Autistic Self Advocacy Network (ASAN). She is Autistic* and Deaf and relies on technology to do her job.

Part of Elesia's job is teaching ASAN members how to communicate with technology. She uses email or IM to give information like a step-by-step guide on how to download and sign in to Skype. ASAN Board members, employees, and local chapters stay connected by email and Instant Messaging (IM) with services like Gchat or Skype.

One of ASAN's goals is to teach members who are new to technology how to use it. The internet breaks down barriers for Autistic people who have a hard time communicating. While meeting face-to-face might work better for some self-advocates, talking in meetings or on the phone can be a problem for Autistics who have social anxiety.

Elesia says technology is here to stay and she wouldn't want to live without it. She uses an iPhone to:

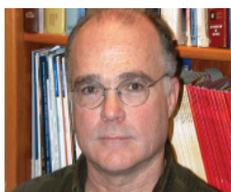
- Talk to her husband in American Sign Language using FaceTime Video Call,
- Send text messages,
- Download e-books on disability rights,
- Send an email or surf the web,
- Post a message to Facebook, or
- Chat on Skype.

She does all of this from a phone the size of a very thin camera! Will smartphones and technology be tools of the future? You bet! They are the future!

* Members of ASAN prefer disability pride language (like Autistic or Autistic person)

Increase Your Independence

by Rocky Hughes



Tom Keating

Tom is a family member of a person with a disability. He has worked for the past 15 years developing software to help people with developmental disabilities to use computers and live more

independently. He created a tool called the Picture Planner. You can use it to set reminders or plan activities using pictures. He also adapts homes with smart-home technology.

The most important thing about technology is that it gives people more control over their lives. Simple technologies can make a difference in the amount of control and choice a person has. Here are some examples:

- A remote control with large buttons helps people make choices on TV.
- Cell phones with large buttons, auto-answer, and a preset dial for 911 emergency calls give people access to cell phones.
- The iPad is a hand held device with many apps (applications) available to make life easier.

Advocates can work with service providers to help people access technologies that increase their independence. At the same time, “we must make sure that technology helps people with disabilities without isolating them.” Technology should help with basic tasks and give people more free time to spend with friends and family.

To find out more about technology mentioned in this article visit www.cognitopia.com

Picture Planner
icon-based personal planning

Speaking Up on Facebook

by Marian West

With Facebook, we have almost instant access to our “friends.” We can see their pictures, hear their stories, and share ideas and information. Can Facebook be helpful to self-advocacy? The Riot interviewed two Facebook-savvy self-advocates to find out. We spoke with George Neal from Alabama and Gaby Carroll from Illinois.



George Neal

George and Gaby use Facebook to stay connected. They still enjoy meeting with people in person. But, Facebook helps them communicate with people who live close by and those who live far away. “You can send a message and get an answer in the same day,” says George. Gaby agrees, “Facebook helps me connect to old friends and new friends.”

Both Gaby and George use Facebook for self-advocacy. Gaby speaks up about disability rights events and about being a self-advocate. George gets information from People First chapters. They see other self-advocates sharing information about self-advocacy work - like closing institutions or getting rid of the “R” word. They agree Facebook is helpful to self-advocates and self-advocacy groups who use it.



Gaby Carroll

“I would like to see more self-advocates on Facebook,” says Gaby. Here are some tips for using it wisely:

- Share public information - like about your day. Don't share private information - like your phone number.
- George shares photos he is comfortable with.
- Use your manners.
- Don't “friend” everyone who sends you a friend request. Make sure you know them or your friends know them first.

Go here to sign up today: www.facebook.com



Spring Horoscopes

Written by members of *I'm Determined Young Leaders*
at the 2011 SALT forum in Virginia

A horoscope predicts the future based on the position of the planets and your birthday. Find the sign that fits with your birthday. Then read what's in store for you!

Capricorn (Dec 22 - Jan 19): Knowledge is power! Send the word by talk or text.

Aquarius (Jan 20 - Feb 18): When happiness comes, call a friend and share the memories.

Pisces (Feb 19 - Mar 20): Make the first move! Pick up the phone.

Aries (Mar 21 - April 19): Let the music lead the way. Download that new song. It will bring you energy.

Taurus (April 20 - May 20): Get reconnected with old friends on Facebook. Join online today!

Gemini (May 21 - June 20): Generate a spark through the phone.

Cancer (June 21 - July 22): This month dare to click it!

Leo (July 23 - Aug 22): Access the new and the old through the Internet and books.

Virgo (Aug 23 - Sept 22): Join the e-world. Search the Internet for something new.

Libra (Sept 23 - Oct 22): Be a leader. Maybe you will find the next new thing!

Scorpio (Oct 23 - Nov 21): Join a site you think is right.

Sagittarius (Nov 22 - Dec 21): Get high... high-tech that is!



Need Romance Advice?... Ask Jack & Jill



Dear Jack and Jill,

My girlfriend likes to kiss in public. This makes me feel weird, especially in front of staff. I want to tell her that I don't like to kiss in front of other people but I don't want to hurt her feelings. What should I do?

Dear Reader,

Well, for one thing I would ask lingering staff to go grab a coffee or something and leave me alone so my girlfriend could kiss me in peace! Can't a guy get a little courtesy?

Every couple is entitled to privacy. I like to get romantic with my girl when people are not staring at us. This makes me feel way more comfortable. Then she can kiss me all she wants!



~ Jack

Dear Reader,

Could it be that you are more reserved and she is more outgoing? Talk to her about it when you have private time together.

Be sure to tell her you enjoy kissing her. Then explain that kissing should be a private thing between you and her.



Let her know that you value and respect her and that's why you want to kiss during special moments between only you and her. This will show her that she's special to you. She will most likely feel good, rather than feel hurt.

Schedule more alone time with her. That way you will have special times for affection in a space where both of you feel comfortable.

~ Jill

Email your romance questions to
Jack and Jill at: theriotrocks@hsri.org

Ever heard of Yakkit.org?

by Teresa Moore

The Youth Action Council of Arizona (YAC-AZ) self-advocacy group felt the world needed an accessible website with the cool features of sites like YouTube, Facebook, and Wikipedia. So they invented Yakkit.org!

There are a lot of things that make Yakkit useful and accessible.

- It's a low-text site, meaning there is less reading and more pictures, audio, and video.
- On the "learn" page there are tons educational and wacky YouTube clips.
- You can create your own video blog.

YAC-AZ members invite self-advocates from every state to join. When you get a Yakkit account you create a profile all about you. If you know people on Yakkit, add them as your friends. Stay connected by video chatting, sending messages, uploading pictures and more.



Yakkit is growing as more people join and as cool new features are added. Start your account at www.yakkit.org

Inclusion Revolution

With host Tova Sherman



Inclusion Revolution is a television show dedicated to the inclusion of persons with all types of disabilities. Inclusion Revolution is entertaining and gives information about important issues that affect us all.

Each show is about an interesting new issue that experts and self-advocates talk about. The host, Tova Sherman, is always sure to explore topics inside and out.

"Inclusion Revolution is designed to change the way we view disabilities in our community, workplace, and beyond."

All three seasons are online for free! Go to www.inclusionrevolution.com and click "Watch Online." You will be directed to the YouTube channel where all episodes are listed.

Episodes are about building self-confidence, living independently, challenges faced by self-advocates and many more topics.

Social Media Word Merge!

Break up the social media words to the left and create your own new ones! Here's a couple to get you going - TwitBook or YouFace. There are no right or wrong answers. Just have fun!



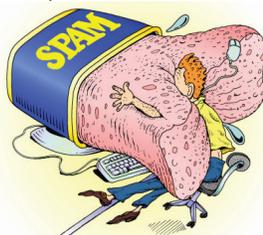
The Health Zone

by Mike Grengs

Top 10 Rules of Internet Safety

by Mike Grengs

1. **Avoid viruses!** Computer viruses are sneaky and damage your computer! They can look like an email or Facebook post from a friend. If it looks suspicious, don't open it and ask your friend first. If they did not send it, delete it.
2. **Watch out for SPAM!** We don't mean the processed meat. We mean unwanted emails about things like pills, dating, or buying stuff. If you don't want it – delete it!
3. **Don't give out your password.** If you need help checking your email, ask someone you trust.
4. **Be careful when you download music.** If you're a music-buff, only use trusted sites to get your favorite tunes.
5. **Antivirus to the rescue!** An antivirus program is like a multi-vitamin for your computer. It protects your computer from viruses.
6. **Beware of pop-ups.** Ever have new windows pop-up that says something like "Free Laptop"? It's a scam.
7. **Know your friends on Facebook.** Only accept friend requests from people you know like friends, relatives, or classmates.
8. **Never agree to meet with anyone you've just met online.** Give your friendship lots of time to grow. If you decide to meet later, meet in public and bring a friend!
9. **Keep personal information safe.** Don't give out your full name, social security number, address, credit card number, passwords, or phone number.
10. **Questions?** If you have questions about your computer, call your local computer shop. Someone there can help you.



Apps for Self-Advocates

"Apps," or applications, are mini programs for handheld devices like smartphones. Apps can make life easier. While most apps are made for everyone, some are cognitively accessible. Check out a list of accessible apps here: <http://beta.fcc.gov/blog/app-accessibility-are-we-tip-ping-point>.

Are you looking for an app to get healthy? The "My Health, My Choice, My Responsibility" iPad app helps people with developmental disabilities set person health goals. It uses pictures of real people exercising, eating healthy meals, and visiting a doctor's office to help users make healthy choices. Look for it in the Apple iTunes store: <http://www.apple.com/itunes>.

Do you have a favorite accessible app? Tell us on Facebook at: <http://www.facebook.com/home.php#!/pages/The-Riot/136359615280>



SELF-ADVOCACY MAN SAYS...



Written and drawn by Erick Yeary

Don't let others tell you what they think you can and cannot do. There are many ways you can learn new things and connect with family and friends. Using a computer is a great tool.

If you don't know how to use a computer or the internet, ask someone you know to teach you. It will open a whole new world for you to explore!

Even Self-Advocacy Man has people who try to tell him what he can and cannot do. "Stay tuned to learn about my nemesis and how he tries to ruin things for me and other self-advocates."

Never fear...

Self-Advocacy Man is here to help you!





Craig Says...
"I miss winter.
Springtime Stinks."

I am looking out my window and I see a robin. The grass is turning green too. Look... another robin. Is it Spring already? People seem to get excited about it. Why? Let's think about the reasons people have for liking Spring.

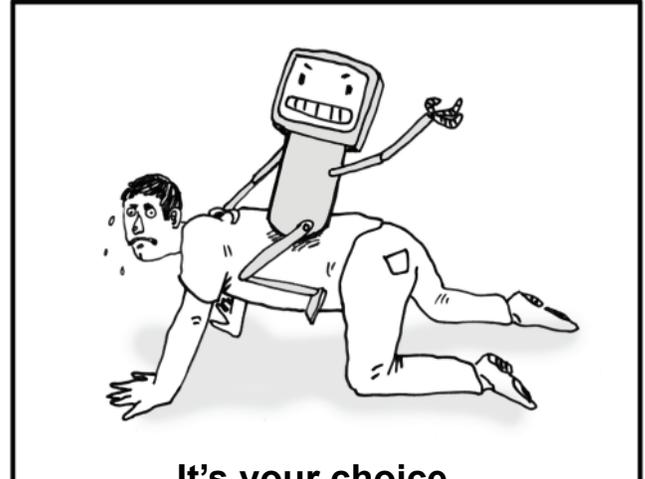
People say that Spring is a time when...

- The earth comes alive again. The grass gets green. Oh, that's wonderful. That means I need to cut the grass. Terrific!
- We can open the windows and let fresh air in. Are you kidding? All that fresh air blows germs in and eventually bugs, like mosquitoes. There is nothing as bad as a Springtime cold and mosquito bites too!
- People can go outside and barbecue on their grill. Oh yeah... like I want all your smoke coming my way through those windows I opened for fresh air!
- All the critters come out to bring the woods and our yards alive. This includes stinky skunks... ants trying to get inside.. Moles digging and ruining the grass and yellow jackets ready to bite me. Wow! What fun!
- Flowers bloom everywhere filling the air with pollen. My allergies are acting up from just thinking about it.
- People start falling in love. Are you kidding me? Too much sun maybe? Do I need a girlfriend to get in the way of my watching my TV shows? Or the basketball playoffs?



OK... it is Springtime. All I can say is that I am really happy to suffer through with so many hi-tech gadgets in my life. I have a remote control for the TV... kitchen gadgets to make my food... a great phone so I can stay connected with my friends on Facebook... or by instant messaging them... or texting them. So bring it on Spring! I am ready!

People vs. Technology



It's your choice...



Take charge of technology or technology will take charge of you!

We surveyed Riot readers about how they use social media. 172 readers responded, including 53 self-advocates (32%). There were no differences in answers between self-advocates and other readers.



- Most people say they use social media (like Facebook) to stay connected.
- About 10 readers say they share the Riot with over 100 people! Five of these readers are self-advocates.
- What YouTube videos make you laugh? Best answer: "The funny ones!"



Self-Advocates Speak Up! and Speak Out!



Closing the Gap

by Teresa Moore

The digital divide is about the gap between people who have computers and the internet, and people who do not. With this technology advancing at a fast pace, the gap is growing for many people - especially people with disabilities.

Many people think people with disabilities do not need to use computers. This is not true! Having a disability or not being able to read does not keep you from using a computer. These days, computers have accessibility tools built in. You can use these tools to make your computer work with your disabilities.

What can you and other self-advocates do? Make a list of places in your community where you can use the internet for FREE. Try schools, colleges, government offices, libraries, Independent Living Centers, and Native American chapter houses.

You can also try these ideas:

- Ask family, friends and neighbors if they have a computer with internet you can use.
- Ask your family or roommates to put their money together to pay for internet service.
- If you get Vocational Rehabilitation services, ask to take computer classes.
- If you get disability services, set a computer skills goal in your Individual Service Plan (ISP).
- If you have a computer goal in your ISP, your plan can pay for programs or accommodations to make your computer easy to use.



If more people get technology, we can close the gap!

Talk it up... Have yourselves a regular Riot!

Announcing The Riot 2011 National Conversation Series:

Who's in Charge?

May 3, 2011 ~ June 7, 2011 ~ July 12, 2011

2:00 to 3:30 Eastern

Leader Moderator: Julie Petty

Highlighted Speakers:

- **Commissioner Sharon Lewis, U.S. Administration on Developmental Disabilities**
- Betty Williams, SABE President
- Chester Finn, SABE past President
- Stacey Milbern, NYLN
- Ari Ne'eman, ASAN President



- What helps people to be in charge of their own lives? What gets in the way?
- What helps self-advocates to be in charge of their own groups? What support is helpful?
- What can self-advocate leaders do to strengthen the self-advocacy movement?

**Visit our website today to register
and join in on the conversation!**

www.theriotrocks.org