



FOCUS

*PC2 for Developmental Disabilities
Fall, 2022 - Volume 28, Issue 1*

Zoom into the

PIERCE COUNTY DEVELOPMENTAL DISABILITY ONLINE LEGISLATIVE FORUM



FREE

**STAY INFORMED
AND TALK
WITH PIERCE COUNTY
LEGISLATORS**

TUESDAY NOVEMBER 15, 2022

TIME: 6:30 - 8:30 PM

Virtual forum! Register by going to:

Piercelegislativeforum.org



Live link: www.piercelegislativeforum.org



The "FOCUS" newsletter is a publication of the Pierce County Coalition for Developmental Disabilities (PC2) and is produced four times each year. It is available to view and download by visiting www.pc2online.org.

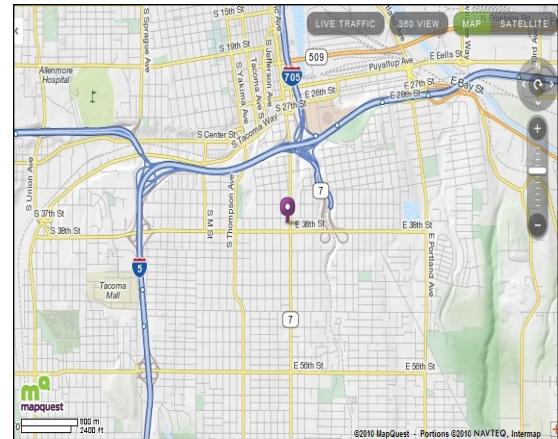
PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to gain information, education, & networking are available through our newsletter, website at www.pc2online.org, topical meetings/forums, & our Resource Guide.

PC2 provides education on the legislative process regarding policies & funding which allow families & individuals choice, control, & flexibility.

The PC2 office is open Monday-Thursday, 9 a.m.-4:30 p.m., and Friday 9 a.m.-1 p.m. Please visit anytime for information, resources, brochures, or help with Internet searches.

If you have information on classes, conferences or events, or articles which may be of interest to others, please submit to:

PC2
3716 Pacific Avenue #A
Tacoma, WA 98418-7836
253-564-0707 (T) 253-564-0702 (F) 1-877-DD-LINKS (T/F)
E-mail: info@pc2online.org
Web: www.pc2online.org



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DOANH CHANG, *Parent*
LINDA HYATT, *Parent*
CAROLYN JONES, *Parent*
FRANCIE PELTIER, *Parent*
MICHAEL RAYMOND, *Self Advocate*
VIKRAM SHAH, *Parent*
ROBERT WARDELL, *Self Advocate*

From the Director's Desk ...

Dear Families & Friends of PC2:

The leaves are starting to turn and the school buses are back on the roads! Fall is in the air!!



PC2 staff are busy preparing for the upcoming Legislative Session. As you will notice on the front page of this issue, we have included the "save the date" for the 2022 Legislative Forum. This is our opportunity to show our appreciation for our Pierce County Legislators and share with them the needs of our loved ones who experience a developmental disability. Legislators appreciate hearing from YOU. Your stories help inform them about the issues of concern facing our community. If you are interested in telling your story, please contact PC2 and we will help arrange an opportunity for you to record your statement. Please visit <https://www.piercelegislativeforum.org/> to register or for more information.

We want to thank all of you who were able to take the time to respond to our most recent PC2 survey. Additionally, we would like to encourage any who haven't yet had the opportunity to respond to do so via: <https://www.surveymonkey.com/r/LBSYKPY>. This is another way that we can share your loved one's needs directly with Legislators and DDA. (Survey results will be posted on our website later this Fall.)

On a lighter note, we hope you'll have a chance to enjoy some of the many activities available in Pierce County this Fall. You'll find some options (with live links) on pages 11-21. These activities provide all of us with the opportunity to be actively engaged in our community.

As you will see on page 5, PC2 has resumed our Friendship Club, Art Class, and Senior Families outings. We'd love for you to join us. You can register by emailing info@pc2online.org or calling the office at 253.564.0707 and speaking with Christopher. (If you'd like to receive a reminder call about the upcoming schedule, Christopher will be happy to add you to our call list!) Our groups are enjoying seeing one another and spending time together after the long Covid-19 break.

With Winter weather around the corner, and September being Emergency Preparedness month, we have included some tips from the American Red Cross and our local Emergency Management Departments. Please see pages 22-37 for tips, kit prep, and emergency numbers to know.

Stay safe. Stay well. We look forward to connecting with you all soon.

BethAnn & PC2 Staff

PC2 INFO MEETINGS

The Pierce County Coalition for
Developmental Disabilities (PC2)
invites you to our



Fall, 2022 Legal Series presented by Timothy Williams, Attorney at Law

**Estate Planning for Families of Individuals
with Developmental Disabilities**
on Wednesday, November 2, 5:30 p.m.
RSVP for Zoom meeting link.

**Special Needs Trusts & ABLE Accounts
for Families of Individuals
with Developmental Disabilities**
on Wednesday, November 9, 5:30 p.m.
RSVP for Zoom meeting link.

**Guardianships for Individuals with
Developmental Disabilities**
on Wednesday, November 16, 5:30 p.m.
RSVP for Zoom meeting link.



**Please call or email
PC2 at 253-564-0707 or
info@pc2online.org
to RSVP.**

PC2 EVENTS & ACTIVITIES



Pierce County Coalition
for Developmental Disabilities

**2022
ACTIVITIES**

FRIENDSHIP CLUB

3RD THURSDAY OF THE MONTH, 10 A.M.

SENIOR FAMILIES

MONTHLY COMMUNITY ACTIVITIES ; CALL FOR OUR SCHEDULE

ART CLASS

LAST THURSDAY OF THE MONTH, 10 A.M.



**3716 PACIFIC AVENUE
#A
TACOMA, WA**

**253.564.0707
INFO@PC2ONLINE.ORG
ADVANCE
REGISTRATION
REQUIRED.**

PC2 & PARTNER MEETINGS

Live links:
Email: Heidi.scheibner@piercecountywa.gov
Zoom: <https://piercecountywa.zoom.us/j/95962294291>
Meeting ID: 959 6229 4291



The flyer is titled "Transition Conversation" in large white text on a blue background. It features a circular photo of a young woman with dark hair, wearing an apron, smiling while working at a bar counter. To her left, a QR code is surrounded by the text "SCAN ME". Below the photo, three sections provide details about the event: "September 29" (with a heart icon), "Ask Questions Get Answers" (with a speech bubble icon), and "Partnering For Your Success" (with a chart icon). The "Pierce County Human Services" logo is in the bottom right corner. At the bottom, there's a call to action for questions and a Zoom link.

Join us in September!

Transition Conversation

Students and families will have opportunities to meet with service providers for individual conversations about School to Work or Job Foundations plans.

September 29
6 - 7:30 p.m.
To inform transition students and families about Job Foundation and School to Work services available to them.

**Ask Questions
Get Answers**

Meet with providers to help in choosing an agency to provide School to Work or Job Foundation services.

**Partnering For
Your Success**

Learn about how DDA, DVR, Pierce County, School Districts and Provider Agencies collaborate.

For questions or Interpreter requests, please email Heidi.Scheibner@piercecountywa.gov or call 253-281-3369.

Zoom: <https://piercecountywa.zoom.us/j/95962294291> | Meeting ID: 959 6229 4291



IN THE NEWS

Social Security, SSI Recipients Likely To See Biggest Increase In Decades

by Michelle Diament | September 15, 2022

<https://www.disabilityscoop.com/2022/09/15/social-security-ssi-recipients-likely-to-see-biggest-increase-in-decades/30038/>



Social Security and Supplemental Security Income benefits are expected to increase next year by the largest amount in more than 40 years, a new estimate suggests.

Benefits could rise 8.7% in 2023, according to a projection this week from The Senior Citizens League, a nonprofit that advocates for seniors.

That would be the biggest increase since 1981 when there was a 11.2% rise. It would also be substantially higher than the 5.9% increase at the start of this year.

The changes are due to an automatic cost-of-living adjustment, or COLA, that Social Security and SSI beneficiaries receive annually, which is intended to account for inflation.

“A COLA of 8.7% is extremely rare and would be the highest ever received by most Social Security beneficiaries alive today. There were only three other times since the start of automatic adjustments that it was higher,” said Mary Johnson, Social Security and Medicare policy analyst at The Senior Citizens League, referring to the COLAs between 1979 and 1981.

COLA is based on how third quarter figures from the government’s Consumer Price Index for Urban Wage Earners and Clerical Workers, or CPI-W, compare with those from the previous year.

The latest estimate from The Senior Citizens League comes after the U.S. Department of Labor’s Bureau of Labor Statistics released its CPI-W data for August earlier this week.

The official COLA announcement for 2023 from the Social Security Administration is expected in October.

ARC OF WASHINGTON STATE



2023 Public Policy Agenda

For People with Intellectual and Developmental Disabilities

The Arc's vision is for people with intellectual and developmental disabilities (IDD) to be valued members of their communities with the opportunity to realize their full potential and a future that is secure.

The Arc of Washington State has been advocating for individuals with intellectual and developmental disabilities (IDD) and their families since 1936. We work to ensure that the state knows the critical needs of both children and adults with IDD and that the necessary funding for those quality services and supports is consistently appropriated by the legislature.

The Arc of Washington State is committed to ensuring that individuals with IDD and their families have the information they need to have an active voice as legislative policies and budgets are crafted and passed each year.

This is a Biennium budget year for both capital and operating budgets.

The Arc of Washington State has compiled input from members, stakeholders, and like-mission organizations and coalitions to identify legislative priorities for the 2023-2025 Operating and Capital budgets. The Arc works closely with the Developmental Disabilities Administration (DDA), the Governor's Office, and multiple agencies to provide input to agency Decision Packages and advocates for gaps in community-based services. The Arc works throughout the legislative session to track bills and provide education and information on the impact of legislation. There are also critical services used by people with IDD within other agency budgets. Throughout the session, you can find our "smiley face" Budget Side-by-Side chart on our website at <https://arcwa.org/billtracker/>. This will help with tracking bills and budget items throughout the legislative session.

These Public Policies are supported by:

**Respect.
Dignity.
Inclusion.**

- The Arc of Washington State
- The Arc of Cowlitz County
- The Arc of Grays Harbor
- The Arc of King County
- The Arc of Snohomish County
- The Arc of Southwest WA
- The Arc of Spokane
- The Arc of Tri-Cities
- The Arc of Whatcom County

For additional information:
(888) 754-8793, ext. 6 or
email Diana@arcwa.org

August 2022



2023 PUBLIC POLICY AGENDA



2023 Public Policy Agenda

People with intellectual and developmental disabilities (IDD) need statewide public policies that allow them to live inclusively in their local communities and to be active, participating members of society.

Budget Priorities & Fundamental Supports

- Require formal, permanent caseload forecasting for services for individuals with IDD
- Fund services for ALL eligible DDA clients to end the waiting list
- Fund the November 2022 courtesy caseload forecast
- Increase openings for the *Basic Plus, Individual and Family Services (IFS), Core, and Children's Intensive In-Home Behavioral Supports (CI/BS)* Waivers
- Support people with IDD in crisis, reducing out-of-home placements
- Prioritize services for senior families
- Expand waiver services to include "supervision" for people in home and other residential settings with cognitive/behavioral support needs
- Create a provider category for behavior specialty paid at a higher rate
- Remove 4 year old and 10 year old eligibility requirements

HCBS Waiver Services

- Increase openings for the *Basic Plus, Individual and Family Services (IFS), Core, and Children's Intensive In-Home Behavioral Supports (CI/BS)* Waivers
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Community Residential Services

- Pay Supported Living providers at a rate equitable with state providers
- Fund community residential options for teens and adults with high behavior support needs
- Expand residential options and models, including establishing AFH/DD specialty per legislative report recommendations.
- Act on the December 2022 DD Housing Reports and PreDesign Study
- Increase Basic Plus aggregate amount and allow housing navigation/plan service

Affordable Housing

- Expand safe, affordable housing options for all DDA clients
- Provide funding to Commerce and DDA to provide technical assistance to developers and smaller organizations to expand capacity for building DD housing
- Increase the Housing Trust Fund Developmental Disabilities Set-aside
- Ensure stable housing for homeless families caring for children with IDD and homeless adults with IDD

Equity & Civil Rights

- Downsize and close Residential Habilitation Centers (RHC)
- Allow people to live in their community rather than congregate settings by ensuring that adequate funding is provided to do so
- Provide appropriate supports to Parents with IDD
- Expand access to transportation

Health Care

- Expand crisis support for youth and adults with IDD in behavioral crisis and eliminate acute care and inpatient hospital boarding
- Add the TEFRA waiver to our State Plan so families with children with complex needs can buy into Medicaid services to avoid financial instability
- Expand well care and mental healthcare provider capacity for people with IDD using Medicaid

Education

- Ban suspensions and expulsions pre-K to grade 3
- Discontinue abusive restraints and end isolation
- Build inclusionary practices by providing technical support for universal design for learning including multitracked systems and supports
- Remove the cap and completely fund all special education students
- Support the *Transition Collaborative* recommendations
- Provide school-based and community partner services to support IDD students with high acuity needs to eliminate out-of-state educational placements

Employment and Day Programs

- Increase the Community Engagement and Inclusion rates and expand programs statewide
- Ensure all people have employment and day supports *in their local* community

ARC OF WASHINGTON STATE ADVOCACY DAYS

Advocacy Days

Advocacy Days, part of The Arc's Advocacy Partnership Project, are held during each legislative session to involve individuals with intellectual/developmental disabilities (IDD), their families and their service providers in the legislative process, giving them opportunities to make their voices heard by their legislators and to have an impact on policy and budget legislation that affects the services and supports available to them. To make the meetings more accessible to people all around the state, we have moved to a virtual platform on Zoom.

Pre-Session Virtual Advocacy Day Legislators talk about Committee Days and the 2023 Legislative Session

**Wednesday, November 9, 2022
10:00 am to 11:30 am on Zoom**

Register today by clicking below:

<https://us02web.zoom.us/meeting/register/tZAlcOisrDloGtGo-HzAqWLbM1OssuDL1rE>

Questions? Email Diana@arcwa.org Watch for more details to come!

For more information on
Advocacy Days and the 2023 schedule,
visit www.arcwa.org

Editor's Note:

We will share the full 2023 Advocacy Days schedule when published.

Check your email for our e-blasts, watch our Facebook page, or check out our website (www.pc2online.org) for more information.

SEQUOIA THERAPEUTIC RECREATION

For more information please visit:
<https://www.sequoiatr.org/>



In addition to the final days of the Washington State Fair (until Sunday, 9/25), there are a lot of festival and other activities available in the County this Fall.

Please visit

https://www.google.com/search?q=FALL+FESTIVALS+IN+TACOMA+WASHINGTON&rlz=1C1CHBF_enUS883US883&oq=Fall+&aqs=chrome.1.69j0i67i131i433i457j0i402j46i20i263i433i512j0i67l2j0i67i131i433j46i20i131i263i433i512j0i131i433i512j0i67.8788j0j15&sourceid=chrome&ie=UTF-8&ibp=htl;events&rciv=evn&sa=X&ved=2ahUKEwjVzpLI-qP6AhXCIX0KHQEKBuMQ8eoFKAJ6BAgREA8&sxsrf=ALiCzsZj-aGir_ND2DdDuRGjor4oXz4uw:1663697072474#fpstate=tldetail&htchips=date:next_month&htischi_ps=&htivrt=events&htidocid=L2F1dGhvcmI0eS9ob3Jpem9uL2NsdXN0ZXJlZF9ldmVudC8yMDIyLT_EwLTIxfF8xMzA4MzQ3MzQ4MDU1NTg4MTA2NA%3D%3D

for more information.

SEQUOIA THERAPEUTIC RECREATION

For more information please visit: <https://www.sequoiatr.org/>



SEPTEMBER TO DECEMBER 2022



About Us

Sequoia Therapeutic Recreation (STR), a 501(c)3 non-profit corporation founded in Aug 2021 cultivates confidence, friendships, joy and respect by providing recreation and therapeutic recreation in the community for people with intellectual and developmental disabilities and their families.

Sports & Events

Special Olympics BOWLING
Join Sequoia TR's first Special Olympics team. We will be following all rules like lane switching, foul line and fundraising. All athletes need a medical form and volunteer's need to register with Special Olympics. Regional tournament is Oct 29 & 30. State tournament is Nov 18 - 20 in Tri Cities. Registration fee includes shoe rentals and games.
Sept 14 - Nov 16 Wednesdays 4:00-5:30pm
\$60 Special Olympics| \$30 with scholarship
\$10 Recreation* bowler | \$55 with scholarship
*(not required to do Special Olympics)

Bowler, 3822 Stellicom Blvd SW, Lakewood, WA 98499

Jack-o-Lantern Jubilee DANCE
Celebrate the fall season dancing with your friends from STR at the Tacoma Armory. Wear a fun community appropriate costume and try to guess who everyone is! We will dance to our favorite songs played by DJ Matty K. Water, dancing, photo booth, and fun and games will be provided.
Friday October 28, 2022 6:00-8:00pm
\$43 | \$22 with scholarship
Tacoma Armory, 1001 S. Yakima, Tacoma, WA 98466

Connect

sequoiatr.org
kodi@sequoiatr.org
facebook.com/Sequoiatr
@sequoiatr253/



COVID Policy - All STR staff are fully vaccinated
STR will be responding to health authority recommendations regarding the latest COVID-19 requirements
Please stay home if you are not feeling well!

Socials & Info

SEQUOIA SOCIAL

Have Fun Monday afternoons playing games, creating seasonal arts & crafts, and more. This is an indoor social program with limited capacity. Please bring a caregiver to assist you with your personal care needs.

September 12 - December 12 Mondays 12:30-2:30pm
(no program Nov 21)
\$195 per session | \$97 with scholarship
Monthly payment plan option now available
6613 S Cheyenne St, Tacoma, WA 98409

SEQUOIA SCHOLARSHIP

The Sequoia Scholarship is for folks who have financial need. Please complete the annual application online to remove the financial barrier to participating with your friends!

The Sequoia Scholarship is funding by donations. Ask us how to make a tax deductible financial contribution.

- Register: sequoiatr.org
- Complete your registration & payment online
- Set up payment plan, apply for scholarship, or use your ODA.
- STR staff cannot provide personal care.

Special Olympics bowling is officially closed to new athletes, but we can prorate fees and add new recreational bowlers.

We cannot accommodate drop ins, but we would welcome new recreational bowlers through the Fall!!

SEQUOIA THERAPEUTIC RECREATION

For more information please visit: <https://www.sequoiatr.org/>

Specialized Habilitation

A new service created by DSHS in the Developmental Disabilities Administration

Has social isolating been hard for you? Do you want help getting some of your skills back? Work on communication, physical balance and endurance for daily life and confidence.

Sequoia Therapeutic Recreation provides services using therapeutic recreation to help you meet your individual goals.

This experience supports client driven goals like learning how to bake safely, practicing community safety while shopping, improving social skills like listening to others and maintaining appropriate personal space.

Therapeutic Recreation is a holistic process that purposefully uses recreation to bring about change; socially, emotionally, intellectually, physically, or spiritually in an effort to improve and maintain health status, functional capacities, and quality of life.

Recreation brings about feelings of mastery, achievement, exhilaration, acceptance, success, personal worth, joy, self-satisfaction, and belonging.



Contact your case resource manager to determine if this service is a good fit for you. Request Sequoia Therapeutic Recreation as your provider.

STR Specialized Habilitation staff

- Is a Certified Therapeutic Recreation Specialist (CTR.S)
- Has Bachelor of Science in Psychology and Recreation
- Has over 20 years experience serving folks with disabilities in community recreation.

WHO CAN RECEIVE THIS SERVICE?

Participants enrolled in Individual and Family Services waiver (IFS)

- Basic Plus waiver
- Children's intensive in-home behavioral supports waiver
- Core waiver
- Roads to Community living grant, and/or the Preadmission Screening and Resident Review (PASRR)
- It is not available to those receiving residential habilitation services.

Connect: sequoiatr.org | kodi@sequoiatr.org
facebook.com/SequoiaTR | @sequoiatr253/



COVID Policy - All STR staff are fully vaccinated
Public stay home if you are not feeling well!

BOWLING & DINNER

Have Fun Bowling with Friends on mixed up teams
Followed by dinner together at Bovierio. Games and shoes included. Please bring \$20 for your dinner.
Please meet us at Bowlero Lanes of Lakewood
3852 Steilacoom Blvd SW, Lakewood, WA 98499

Wednesday Nov. 30th 4:00-6:00pm
\$16 | \$10 with scholarship

PUTT PUTT GOLF & DINNER

Join your friends at STR for the final activity of 2022. Play a round of mini golf at Tower Lanes followed by dinner. Game Fee included, please bring \$20 for your dinner. Wear a fun Holiday "ugly" sweater or hat for optional extra fun!

Wednesday Dec 14th 4:00-6:00pm
\$16 | \$10 with scholarship
6323 6th Ave, Tacoma, WA 98406



Events & Activities

Wednesday Dec 7th 4:00-6:00pm
\$16 | \$10 with scholarship



PUTT PUTT GOLF & DINNER

Join your friends at STR for the final activity of 2022. Play a round of mini golf at Tower Lanes followed by dinner. Game Fee included, please bring \$20 for your dinner. Wear a fun Holiday "ugly" sweater or hat for optional extra fun!

Wednesday Dec 14th 4:00-6:00pm
\$16 | \$10 with scholarship
6323 6th Ave, Tacoma, WA 98406



Events & Activities

Wednesday Dec 7th 4:00-6:00pm
\$16 | \$10 with scholarship

PIERCE COUNTY PARKS

DIGITAL VERSION

Last updated Sept 12, 2022

REGISTRATION INFORMATION

REGISTRATION OPENS SEPT 1: Pre-Registration is required. Class sizes are limited. To register online, visit us at www.piercecountywa.gov/PCSR. To register by phone, please call (253) 798-4159. Register in person at the Lakewood Community Center, 9112 Lakewood Drive, Lakewood, WA 98459, 8:30 a.m. to 3:00 p.m. Monday through Friday.

DOA: Pierce County Parks Specialized Recreation programs are supported by DOA funding; money may be used if using DOA funds to register, please have the participant's case manager contact information on-hand.

GENERAL BILLING INFO: Case managers will be billed monthly using the hourly rate base rate established prior to registration.

CANCELLATION POLICY: You must request cancellations and receive confirmation from Pierce Parks staff at least 1 business day before any activity begins for refund. Refunds will not be made for missed or forgotten sessions, or late cancellations.

VIRTUAL PROGRAMS: For virtual activities, access to an internet capable computer/laptop/tablet, phone provided by the participant's parent/guardian is required for participation. A ZOOM link will be sent to the email address listed on the registration prior to the program's scheduled meeting.

Welcome

Pierce County Parks Specialized Recreation - Adventure Within Reach offers a variety of inclusive programs and events for participants of all ages and abilities throughout Pierce County. All Pierce County families are encouraged to register for any

Office: 9112 Lakewood St. S.W., Lakewood, WA 98459
Program Information: 253-798-5997
Email: parks.pcsr@piercecountywa.gov



SPECIALIZED RECREATION - ADVENTURE WITHIN REACH
www.piercecountywa.gov/pcsr

Program Locations

We are in 8 parks and also provide services at the following locations you know about

Another 8 parks are located in our

Unoccupied or closed areas.

You can contact us if you need a lock or something.

If you're a participant, let your participant's case manager know if they are unable to safely attend classes, please call and inform us of your current confinement. Safety is of our utmost concern. Please do not attend classes until you have not had symptoms for 72 hours.

Unenrolled Classes - No Shows

If you have any questions or concerns about enrolling in a class, please contact us. If you are unable to pay for the registered classes as a result of my reason other than financial or behavioral related issues, you will be required to pay the registered rates for those classes. We cannot issue advances related to a change in program fees or transportation costs or trips. Because we are unable to bill DOA for services not rendered, you will be required to pay out of pocket and indicate at the end of the month for the amount due.

One to One Assistants, Case Providers, and Caregivers:

We encourage one to one assistants, case providers, and caregivers to register for our programs. We ask that you provide us with a copy of your medical records so that we can make arrangements to accommodate both of which require passing a background check before attending.

One to One (1:1) assistants, and care providers may attend a program or activity at no additional cost. Other registered participant when the person needs assistance with eating, bathing, behavior support, or ambulation. Our staff may evaluate and determine the most fit 1:1 assistant at any time.

Cheaper programs may require registered participants to pay for their own transportation when we travel to the community. You will need to provide your own transportation at your own expense for each trip.

To communicate an absence or any SCHEDULING QUESTIONS

Please contact us at 253-798-2997 pcsr@piercecountywa.gov

Participating Jurisdictions



Pierce Transit



PIERCE TRANSIT SHUTTLE SERVICE

To Contact SHUTTLE:

1. Press 1 for SHUTTLE/Fixed Route/Customer Service
2. Press 2 for SHUTTLE
3. Then Press 2 for SHUTTLE
4. Then Press:

 - 188 for sea & land calling area
 - 188 for 111-1118
 - 188 for individuals with a hearing impairment: 711
 - TTY for individuals with a hearing impairment: 711
 - Fax: (253) 998-8154 or (253) 798-8227 Website: www.piercecountywa.gov/shuttle

On the Cover: Scott recreational boating participant

What's Inside

Pg. 2

Hours information, payment options and policies.

Pg. 5

Monthly event calendar: October / November / December.

Pg. 6-15

Program Catalog

Explore art & leisure classes, virtual programs, community activities, special events, sports & fitness, and Special Olympics.

ADVENTURE WITHIN REACH

QUARTERLY GUIDE | OCTOBER, NOVEMBER, DECEMBER 2022 | Q4

inclusive programs and events for individuals of all ages and abilities

Last updated Sept 12, 2022

DIGITAL VERSION

Registration Opens Sept 1!



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

www.piercecountywa.gov/pcsr | 253-798-2997

VIEW LINKED GUIDE



Live catalog & info link:

<https://www.piercecountywa.gov/DocumentCenter/View/114631/222PCSR-Q4-Guide?bidId=>

SPECIALIZED RECREATION

PIERCE COUNTY PARKS

<https://www.piercecountywa.gov/DocumentCenter/View/114631/22PCSR-Q4-Guide?bidId=>

DIGITAL VERSION

Sept 12, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 2022	Pierce County Parks SPECIALIZED RECREATION - ADVENTURE WITHIN REACH	Last updated Sat, 12/24/2022				

DIGITAL VERSION

Last updated Sept 12, 2022



DIGITAL VERSION

Last updated Sept 12, 2022



DIGITAL VERSION

Last updated Sept 12, 2022



DIGITAL VERSION

Last updated Sept 12, 2022



NOVEMBER 2022							JANUARY 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4	5	6	7	8	9	10
				11	12	13	14	15	16	17	18	19	20
				21	22	23	24	25	26	27	28	29	30
				27	28	29	30	2	3	4	5	6	7

www.diercercequalitynow.gov/dcscr | 253-798-4199

6 www.piercecountywashington.gov/pcsr | 253-798-4199

10

PC2: Empowering individuals with developmental disabilities and their families – since 1995!

SPECIALIZED RECREATION

Live catalog & info link:
<https://www.piercecountywa.gov/DocumentCenter/View/114631/22PCSR-Q4-Guide?bidId=1>

DIGITAL VERSION
PRINTED Sept 12, 2022

GRIT CITY PEERS CREW

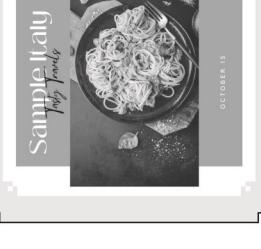

Come see old friends and meet new ones each Monday while we play games, craft, hang out, and chat. All program supplies provided.

AGE: 12+	DATE: Monday & November, 5/22/December	TIME: 6:00 - 6:30 pm
CODE: \$35/October & November, \$22/December	REGISTER BY: Sep 30	LOCATION: Lakewood Community Center / Shuttle - Yes
17710 Oct 3 - 24	Nov 7 - 28	Lakewood Community Center / Shuttle - Yes
17711 Nov 7 - 28	Dec 5 - 19	Lakewood Community Center / Shuttle - Yes
NO CLASS DATES: Oct 31, Dec 26		

MID-WEEK MEET UP


Bring your sack lunch and meet up with us each Wednesday at the STAR Center. We'll catch up with friends, play games, get crafty and socialize.

AGE: 18+	DATE: Wednesday	TIME: 12:00-1:30 pm
FEES: \$35/month	LOCATION: STAR Center / Shuttle - Yes	
CODE: 17730 Oct 5 - 26	Oct 3	STAR Center / Shuttle - Yes
17731 Nov 2 - 23	Oct 31	STAR Center / Shuttle - Yes
17732 Dec 7 - 28	Dec 5	STAR Center / Shuttle - Yes
NO CLASS DATES: Nov 30		

CRAFTS & COCOA


Get crafty with us on Friday afternoons. Each day we'll provide all the materials for a craft and hot chocolate or apple cider beverage (sugar/dairy free options available). Each participant will create their own mug to use each Friday.

AGE: 12+	DATE: 10/28/22/November	TIME: 1:00 - 2:30 pm
FEES: \$35/October & December, \$15/November	REGISTER BY: Oct 4	LOCATION: Sprinker Recreation Center / Shuttle - Yes
17706 Oct 7 - 28	Nov 1	Sprinker Recreation Center / Shuttle - Yes
17707 Nov 4 - 18	Nov 29	Lakewood Community Center / Shuttle - Yes
NO CLASS DATES: Nov 11, 25, Dec 30		

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VIRTUAL

MONTHLY BINGO PARTIES!


Let's play some BINGO! Each month we'll host a fun, themed bingo party. We'll play multiple games each night, and winners of each game will receive themed prizes. Bingo cards and dabbers will be provided.

AGE: 13+	DATE: Saturday	TIME: 6:00 - 6:30 pm
FEES: \$10/person	REGISTER BY: Oct 10	LOCATION: Lakewood Community Center / Shuttle - Yes
CODE: 17803 Oct 1	Fall	
	Sept 29	
	17804 Nov 19	Friendship
	17805 Dec 10	Winter

MANIC MONDAY


Register once for all of the Manic Monday Meet Up sessions this month! Hang out with us at the beginning of the week - virtually! Fill your cup with coffee, tea, juice, or water, log in, and let's chat!

AGE: All Ages	DATE: Monday	TIME: 9:30-10:00 am
FREE	LOCATION: Virtual - ZOOM!	
CODE: 17749 Oct 10 - 31	REGISTER BY: Oct 6	
17750 Nov 7 - 28	Nov 3	
17752 Dec 5 - 19	Dec 1	
NO MEET DATES: Oct 3, Dec 26		

WACKY WEDNESDAY


Grab your lunch and join us for a virtual mid-week catch up with friends every Wednesday with a little bit of comedy.

AGE: All Ages	DATE: Wednesday	TIME: 12:00-1:30 pm
FREE	LOCATION: Virtual - ZOOM!	
CODE: 17754 Oct 5 - 26	REGISTER BY: Oct 3	
17755 Nov 7 - 30	Oct 31	
17756 Dec 5 - 28	Dec 5	
NO MEET DATES: Nov 23		

FRI-YAY MEET UP


It's finally Friday! Join friends virtually to chat about your week and what you have planned for the weekend. Fri-Yay!

AGE: All Ages	DATE: Friday	TIME: 9:30-10:00 am
FREE	LOCATION: Virtual - ZOOM!	
CODE: 17758 Oct 7 - 28	REGISTER BY: Oct 5	
17759 Nov 4 - 18	Nov 2	
17760 Dec 2 - 23	Nov 30	
NO MEET DATES: Nov 11, 25, Dec 30		

7

DIGITAL VERSION
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SPECIAL EVENTS

MONTHLY DANCE PARTIES!


Each month we'll be hosting a themed dance party, so dig out your dancing shoes and prepare to dance the night away with us!

AGE: 13+	DATE: Friday	TIME: 6:00 - 8:00 pm
FREE	LOCATION: STAR Center / Shuttle - Yes	
CODE: 17800 Oct 21	REGISTER BY: Oct 19	
17804 Nov 19	Nov 17	
17805 Dec 10	Dec 8	

HALLOWEEN COSTUME DANCE


AGE: 13+
 FREE \$15/person

FRI, NOV 4 GREAT OUTDOORS DANCE


AGE: 13+
 FREE \$15/person

8

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9

7

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PIERCE COUNTY PARKS

DIGITAL VERSION

Last updated Sept 12, 2022

COMMUNITY

CLUB PIERCE

Participants will take part in personally enriching activities within the community including volunteering, visiting other organizations, and taking fun field trips. They will enhance socialization with peers and community members, increase independence skills, and build their resumes. When not out in the community, attendees will participate in crafts, sports, cooking and other activities.

AGE: 18+

TIME: 9:00 am - 2:00 pm

NO CLUB DATES: Oct 31, Dec 26

FEES: \$25/day

LOCATION

CODE	DATE	REGISTER BY	LOCATION
17762	Oct 3	Sep 28	Meridian Habitat Park / Shuttle - Yes
17763	Oct 10	Oct 5	Meridian Habitat Park / Shuttle - Yes
17764	Oct 17	Oct 12	Meridian Habitat Park / Shuttle - Yes
17765	Oct 24	Oct 19	Meridian Habitat Park / Shuttle - Yes
17767	Nov 7	Nov 2	Meridian Habitat Park / Shuttle - Yes
17768	Nov 14	Nov 9	Meridian Habitat Park / Shuttle - Yes
17769	Nov 21	Nov 16	Meridian Habitat Park / Shuttle - Yes
17770	Nov 28	Nov 23	Meridian Habitat Park / Shuttle - Yes
17772	Dec 5	Nov 30	Meridian Habitat Park / Shuttle - Yes
17773	Dec 12	Dec 7	Meridian Habitat Park / Shuttle - Yes
17774	Dec 19	Dec 14	Meridian Habitat Park / Shuttle - Yes



SUMMER SWIM SOCIAL
Join us at the largest YMCA in the state of Washington for a swim social! Summer YMCA is not on the Pierce Shuttle line, but we are offering transportation from Lakewood Community Center to Summer for an additional fee.
Please complete the swim waiver and email to carol.schmittmeyer@piercecountywa.gov once completed.
Swim Waiver: www.ymcaplc.org/join/guest-pass

AGE: 10+

FEES: \$10/Summer YMCA, \$15/Lakewood Community Center (includes Parks transport to Summer YMCA)

CODE: 17808 DATE: Nov 5 TIME: 11:30 am - 1:00 pm

CODE: 17809 DATE: Nov 5 TIME: 10:15 am - 1:45 pm

LOCATION: Nov 1 NO / Shuttle - NO

Lakewood Community Center / Shuttle - Yes

REGISTER BY: Nov 1 Nov 5

MOVIE: Nov 1 Nov 5

LOCATION: Nov 1 NO / Shuttle - Yes

REGISTER BY: Nov 1 Nov 5

MOVIE: Nov 1 Nov 5

LOCATION: Nov 1 NO / Shuttle - Yes

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LOCATION: Nov 1 NO / Shuttle - Yes

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SPECIALIZED RECREATION

DIGITAL VERSION

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HAUNTED HEADLIGHTS & DINNER



Ride in style through Haunted Headlights, Pierce County's newest Halloween event! Participants will gather at the Meridian Habitat Park and ride in our shuttle buses to dinner, then drive through Haunted Headlights and return to the community center for pick-up.

AGE: 13+ DAY: Saturday TIME: 5:00 - 8:00 pm LOCATION: Meridian Habitat Park / Shuttle - Yes
 CODE: DATE: REGISTER BY: 17782 Oct 29 Oct 11
 FEE: \$25/person



Food and friends, what a great combination! Meet us at the Summer Senior Center and travel with us to Farm 12 for a tasty brunch and great conversation. We'll travel back to the senior center for pick up after brunch.

AGE: 13+ DAY: Saturday TIME: 9:30 am - 12:30 pm LOCATION: Summer Senior Center / Shuttle - NO
 CODE: DATE: REGISTER BY: 17781 Dec 3 Nov 21
 FEE: \$25/person

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11

LIGHTS & DELIGHTS



Tour Fantasy Lights, the largest drive-through display of lights in the Northwest in one of our holiday party buses! Our accessible bus will have the best seats in town with their giant windows. We'll be treated to all kinds of lighted whimsy and fun, including bears flying kites, Santa & Rudolph sailing a tall ship, and penguins at play. When we're finished oohing and ahing over the lights, we'll head back to the community center for a tasty dessert. Yum!

AGE: 13+ DAY: Thursday TIME: 5:00 - 8:00 pm LOCATION: Lakewood Community Center / Shuttle - Yes
 CODE: DATE: REGISTER BY: 17783 Dec 5 Dec 12
 FEE: \$18/person



SANTA SOUNDER!!

All aboard our Santa Sounder! Board the Sounder in Puyallup and make the round-trip to Seattle with us. We'll have fun holiday activities with a special Ho-Ho-Holiday guest while we're onboard the train. We'll catch the last northbound train from Puyallup to Seattle, remain onboard, and return to Puyallup on the last southbound train, arriving in Puyallup around 7:15pm. Upon our return to the Puyallup station, each family will have special time with Santa! This will be the perfect opportunity to tell Santa about any last minute gifts you'd like!

This is an inclusive event, so families and friends are invited to ride with us! Each person who rides the train must have a ticket.

AGE: All Ages DAY: Monday TIME: 5:00 - 8:00 pm LOCATION: Puyallup Sounder Train Station / Shuttle - Yes
 CODE: DATE: REGISTER BY: 17784 Dec 19 Dec 12
 FEE: \$15/person

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12

PIERCE COUNTY PARKS

Live catalog & info link:

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DIGITAL VERSION LAWRENCE SOUTHERN

FITNESS & SPORTS

LAWRENCE SOUTHERN

SPECIAL OLYMPICS WASHINGTON

LOW IMPACT AEROBICS

Bruise your heart rate and keep your pious happy with our low impact aerobic exercise class. This includes a variety of exercises designed to improve cardiovascular efficiency of the human body (can distribute blood and oxygen). Some examples of low aerobic exercises include walking, marching, and rolling shoulders.

AGE: 16+	DAY: Friday	TIME: 9:30 - 11:00 am
CODE: \$35/October & November	REGISTER BY	LOCATION
17786 Oct 7 - 28	Oct 1	Lakewood Community Center / Shuttle - Yes
17787 Nov 4 - 18	Nov 1	Lakewood Community Center / Shuttle - Yes
17788 Dec 2 - 23	Dec 1	Lakewood Community Center / Shuttle - Yes
NO CLASS DATES: Nov 11, 25, Dec 30		



RECREATIONAL BOWLING

Come bowl a relaxed games and have a fun time with your bowling partner. To bowl with a specific friend, please sign up together and specify during registration. Price includes shoe rental & 2 games.

AGE: 8+	CODE: \$40/month	TIME: 8:30 - 5:00 pm	REGISTER BY	LOCATION
17790 Oct 4 - 25	Tues	Oct 1	Daffodil Bowl / Shuttle - Yes	
17791 Nov 1 - 22	Tues	Nov 1	Daffodil Bowl / Shuttle - Yes	
17792 Dec 6 - 27	Tues	Dec 1	Paradise Lanes	
17793 Dec 2 - 23	Fri	Dec 1	Entertainment Center / Shuttle - Yes	
NO PRACTICE DATES: Nov 29, Dec 30				



FUNCTIONAL FITNESS - BASKETBALL SKILLS

Get moving! and have some FUN at Functional Fitness. Well be doing a series of low impact exercises, focusing on balance, flexibility, strength, and cardio. This program also incorporates Special Olympics Washington Fit 5! A flexible program that provides tips and information to lead a healthy lifestyle. Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day. Staff will guide participants in tracking their exercise, nutrition, and hydration levels over a week period. At the end of the program, participants that have participated will receive prizes from Special Olympics! Basketball skills like running, shooting, defense, and passing in the gymnasium will also be included. All ability levels are welcome.

Stay for an extended day on October 1 and November 19 for our Monthly BINGO Party!

AGE: 16+	DAY: Saturday	TIME: 1:00 - 3:00 pm
CODE: \$50/October & November	REGISTER BY	
17795 Oct 1 - Nov 19	Oct 1	Lakewood Community Center / Shuttle - Yes
NO CLASS DATES: Oct 29, Nov 5		



SPECIAL OLYMPICS - FALL SEASON

FLAG FOOTBALL

Fall is upon us, and that means football! Join us for Flag Football, a great non-contact activity that will teach basic skills such as catching, throwing accuracy, conneacdes defense, and even field goal kicking, along with a healthy dose of cardio! All ability levels are welcome, registration includes practices and regional competitions. It does not include state competition. If a team qualifies for state competition there will be a separate registration fee. A football jersey will be provided. Athletes are responsible for all other athletic apparel, and remember to wear active clothing and bring water.

Please note: Special Olympics regional competition will be October 16 at White River High School in Buckley. State Fall Games will be in Tri-Cities, November 18-20.

AGE: 8+	DAY: Wednesday	TIME: 5:30 - 7:00 pm
CODE: \$30/individuals	REGISTER BY	
17574 Sep 21-Nov 16	Sept 11	SERA Multipurpose Field / Shuttle - Yes

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13

DAY: Wednesday
TIME: 5:30 - 7:00 pm
LOCATION: SERA Multipurpose Field / Shuttle - Yes
REGISTER BY: Sept 11
CODE: \$30/individuals
DATES: transportation-27base fee.
TRI-CITIES, November 18-20.

14 www.piercecountywa.gov/pcsr | 253-798-4199

SPECIALIZED RECREATION

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Last updated Sept 12, 2022

BOWLING

Did you know bowling is one of the fastest growing Special Olympics sports? Come join the competitive fun by registering for Pierce County Alley Cars Special Olympics bowling team! We'll meet each week at Daffordl Bowl and Paradise Lanes. Entertainment for practice. Be sure to choose the location you want when registering.

Registration includes practice and regional competitions. It does not include state competition. If a team qualifies for state competition there will be a separate registration fee. A bowling shirt will be provided. Athletes are responsible for all other athletic apparel.

Please note: Regional Competition will be at Bowlero Lanes, 3535 Steinbeck Blvd SW, Lakewood, WA 98459 October 29-30. State Fair Games will be in 11-Cities, November 18-20.

TIME: 3:30 - 5:00 pm
FEE: \$50 includes transportation. \$80 base fee

LOCATION: Puyallup - Daffordl Bowl / Shuttle - Yes

DATES: Sept 21 - Nov 16
Sept 23 - Nov 18

REGISTER BY: Sept 11
Sept 11

NO PRACTICE DATES: Nov 11



Pierce County Parks
SPECIALIZED RECREATION - ADVENTURE WITHIN REACH
9112 Lakewood Dr SW
Lakewood, WA 98459

SPECIAL OLYMPICS - WINTER SEASON

BASKETBALL

Pierce County Parks will offer basketball practice on Monday or

5 Team (full court), half court 3-on-3, and team skills. Please note: Special Olympics Washington has not released winter competition details yet.

This registration includes practice, sub-regional, and regional competitions. It does not include state competition. If a team qualifies for state competition there will be a separate registration fee. A basketball jersey will be provided. Athletes are responsible for all other athletic apparel (shorts, socks, and sneakers must be worn).

AGE: 8+
LOCATIONS: Man - People's Center / Shuttle - Yes
Wen - Lakewood Community Center / Shuttle - Yes
FEE: \$85 includes transportation. \$75/base fee

CODE: DATES: 17810 Dec 12 - Mar 1
17810 Dec 12 - Mar 1 Dec 2 - Dec 2

REGISTER BY: NO PRACTICE DATES: Dec 26, Jan 2, 16, Feb 20



SPECIAL OLYMPICS - WINTER SEASON

CHEERLEADING ***new sport!

Athletes will learn the fundamentals of cheerleading and dance. Coaches will teach the technical elements of motions, jumps, and dance routines. Pierce County Parks will offer cheer practice on Wednesdays evenings in Puyallup. All abilities welcome! Please note: Special Olympics Washington has not released winter competition details yet.

This registration includes practice, sub-regional, and regional competitions. It does not include state competition. If a team qualifies for state competition there will be a separate registration fee. Cheer uniforms will be provided, athletes are responsible for all other athletic apparel (shorts, socks, and sneakers must be worn).

AGE: 8+
LOCATIONS: Meridian Habitat Park / Shuttle - Yes
FEE: \$85 includes transportation. \$85/base fee
CODE: DATES: 17811 Dec 4 - Mar 1 Dec 2

REGISTER BY: NO PRACTICE DATES: Dec 26, Jan 2, 16, Feb 20

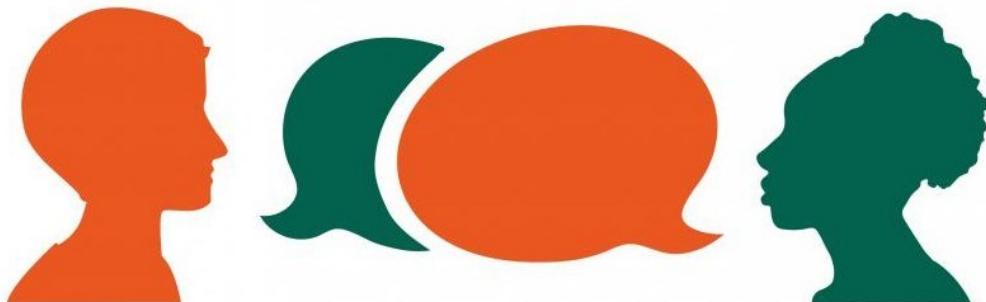
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YOUR NEXT ADVENTURE IS CALLING | WWW.PIERCECOUNTYWA.GOV/PCSR
Info: 253-798-2997 Email: pss@piercecountywa.gov
Facebook Community: www.facebook.com/PierceCountyParks

EMERGENCY PREPAREDNESS

**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



FEMA

AMERICA'S
PrepareAthon!SM

Ready 

FOR INDIVIDUALS WITH DISABILITIES



If You Gotta Go, You Gotta GO!

A Message from CIEP for
National Preparedness Month 2022
by Jim House, Disability Integration Manager
jim.house@dshs.wa.gov
Coalition on Inclusive Emergency Planning
Washington State Independent Living Council
September 14, 2022

The Federal Emergency Management Agency (FEMA) has designated September as the [National Preparedness Month](#), an annual reminder that emergencies can happen at anytime, anywhere, and anywhere. This past weekend Washington State had 14 active wildfires, two of which closed major highways through the mountains. At the time I am writing this, one mountain pass has reopened, while the other one remains closed although evacuation levels have just begun to ease in some areas.

Unfortunately, according to news reports from [KIRO-7](#), approximately half of the residents in the fire zone were able to heed the warnings from local emergency responders to leave their homes. Officials had been pleading for those remaining to reconsider and leave. There are several factors to consider that may impede an orderly and quick evacuation:

- **Lack of planning** – [Plan](#) your evacuation routes, including destinations. Plan ahead on how to contact family and other members of your household, including an out of area contact where everyone in your household can leave a message.
- **Confusion over emergency alerts** – Sign up to receive your local [county emergency alerts](#). Monitor your local news and social media for updates, which can evolve rapidly. [Know your rights](#) to receive effective communications during disasters.
- **Unmet Access and Functional Needs** – Plan for temporary disruptions to your support system. Develop a buddy network with people who live close by such as your trusted neighbors. Discuss with your family, personal attendants, interpreters, and others responsible for your care. Call or text 9-1-1 (if available) whenever you need emergency assistance.

EMERGENCY PREPAREDNESS

In planning for Access and Functional Needs (AFN), we have identified several things that help people survive disasters using the CMIST memory tool. The letters stand for the following functional areas:

- **C – Communication** In order for us to understand what is happening, all emergency notifications must be accessible to be easily understood in a variety of formats and channels, available in different languages with captions and video description so we can respond appropriately if the message comes in a way that we can understand.
- **M – Maintaining Health** is vital to our well-being. Not everyone has access to stable housing, human services, or health care. As long as our needs are met, we can minimize the load on the hospital network, saving space for those who are actually sick or injured.
- **I – Independence** enables us to fulfill our daily living activities and contribute our knowledge and strengths to personal response and recovery efforts.
- **S – Security, Self-Determination** allows us to make decisions to sustain our own well-being
- **T – Transportation** for those who are not able to travel independently for various reasons



FOR INDIVIDUALS WITH DISABILITIES

In order for us to understand evacuation protocols used in wildfires, flooding, and other catastrophic events, your local emergency management agency may use a tiered approach based on the urgency of the impending disaster.

- **Level 1 Alert** (Green/Be Alert) means conditions are ripe for possible evacuation. Whether it is a wildfire or a flood, officials are constantly monitoring the weather forecasts for adverse trends. This is the time when you need to get your “[Go-bag](#) kit”, a backpack or a suitcase filled with essentials that you may need to bring with you to a shelter or a friend’s home to stay for a few days until the emergency passes.
- **Level 2 Alert** (Orange/Be Ready) means that conditions are worsening and if you can evacuate, do so. Follow your communication plan to [inform family and friends of your status](#). An early start will give you more time to travel further and be settled in a place that is safe.
- **Level 3 Alert** (Red/Leave Now) means that dangerous conditions are imminent and there is no time to pack. Get out now while you can.

In other situations, officials may advise that people **Shelter-In-Place** if it is safe to do so. This depends on where you are at the time of the announcement. If you are at home, be sure that you have enough food, water, and other supplies to last up to [two weeks](#). Depending on the severity, an earthquake for example may knock out bridges and make highways impassable. Emergency vehicles will not be able to get to you if the roads are blocked.

This is why the Coalition on Inclusive Emergency Planning ([CIEP](#)) and the Washington State Independent Living Council ([WASILC](#)) believe that National Preparedness Month is an important time to remember, but you can always prepare anytime throughout the year. Assemble your go-bags (for your home, office, and vehicles), and your emergency Shelter-in-Place kits by [budgeting a few dollars](#) each month towards supplies. Check with your local emergency management agency to lend your perspectives during community [planning meetings](#) or to take [CERT](#) classes. Work with your local Center for Independent Living ([CIL](#)) or your local [Regional Service Center](#) administered by the Office of the Deaf and Hard of Hearing ([ODHH](#)) if you need further assistance in developing an emergency plan.

To learn more about best practices in AFN using CMIST in Washington State, CIEP hosts an online Stakeholder Call using Zoom on the first Wednesday of each month from 10-11am. [Contact](#) CIEP to be on the mailing list and receive the quarterly CIEP ALERT newsletter and announcements.

Be prepared, and be safe.

Preparing for Disaster for People with Disabilities and other Special Needs



Visit the websites listed below to obtain additional information:

www.access-board.gov	The Access Board
www.aoa.dhhs.gov	DHHS Administration on Aging
www.ncd.gov	National Council on Disability
www.nod.org/emergency	National Organization on Disability
www.prepare.org	Prepare.org
www.aapd.com	American Association for People with Disabilities
www.afb.org	American Foundation for the Blind
www.nad.org	National Association of the Deaf
www.lacity.org/DOD	Los Angeles City Department on Disability
www.easter-seals.org	Easter Seals

For more in-depth information, get a copy of "Disaster Preparedness for People with Disabilities" (AS091) from the American Red Cross, or visit www.redcross.org/services/disaster/beprepared/disability.pdf



FOR INDIVIDUALS WITH DISABILITIES

WHY PREPARE?

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. The same challenge also applies to the elderly and other special needs populations. Protecting yourself and your family when disaster strikes requires planning ahead. This booklet will help you get started. Discuss these ideas with your family, friends and/or your personal care attendant, or anyone else in your support network and prepare an emergency plan. Post the plan where everyone will see it, keep a copy with you and make sure everyone involved in your plan has a copy.

Where will you, your family, your friends or personal care attendants be when an emergency or disaster strikes?

You, and those you care about, could be anywhere – at home, work, school or in transit. How will you find each other? Will you know your loved ones will be safe?

Emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services – water, gas, electricity or telephones – were cut off?

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

You are in the best position to plan for your own safety as you are best able to know your functional abilities and possible needs during and after an emergency or disaster situation. You can cope with disaster by preparing in advance with your family and care attendants. You will need to create a personal support network and complete a personal assessment. You will also need to follow the four preparedness steps listed in this booklet.

1. Get informed
2. Make a plan
3. Assemble a kit
4. Maintain your plan and kit

Knowing what to do is your best protection and your responsibility.

2



EMERGENCY PREPAREDNESS

Daily Living	<ul style="list-style-type: none"> ♦ <u>Personal Care</u> Do you regularly need assistance with personal care, such as bathing and grooming? Do you use adaptive equipment to help you get dressed? ♦ <u>Water Service</u> What will you do if water service is cut off for several days or if you are unable to heat water? ♦ <u>Personal Care Equipment</u> Do you use a shower chair, tub-transfer bench or other similar equipment? ♦ <u>Adaptive Feeding Devices</u> Do you use special utensils that help you prepare or eat food independently? ♦ <u>Electricity-Dependent Equipment</u> How will you continue to use equipment that runs on electricity, such as dialysis, electrical lifts, etc.? Do you have a safe back-up power supply and how long will it last?
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What You Need to Do

CREATE A PERSONAL SUPPORT NETWORK

A personal support network (sometimes called a self-help team) can help you prepare for a disaster. They can do this by helping you identify and get the resources you need to cope effectively. Network members can also assist you after a disaster happens.

Organize a network that includes your home, school, workplace, volunteer site, and any other places where you spend a lot of time. Members of your network can be roommates, relatives, neighbors, friends, and co-workers. They should be people you trust and who can check to see if you need assistance. They should know your capabilities and needs, and be able to provide help within minutes.

Do not depend on only one person. Include a minimum of three people in your network for each location where you regularly spend a lot of time since people work different shifts, take vacations and are not always available.

COMPLETE A PERSONAL ASSESSMENT

Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. This will be based on the environment after the disaster, your capabilities and your limitations.

To complete a personal assessment, make a list of your personal needs and your resources for meeting them in a disaster environment. Think about the following questions and note your answers in writing or record them on a tape cassette that you will share with your network. These answers should describe both your current capabilities and the assistance you will need. Base your plan on your lowest anticipated level of functioning.

Getting Around

- | | |
|----------------|---|
| Getting Around | <ul style="list-style-type: none"> ♦ <u>Disaster Debris</u>
How will you cope with the debris in your home or along your planned exit route following the disaster? ♦ <u>Transportation</u>
Do you need a specially equipped vehicle or accessible transportation? ♦ <u>Errands</u>
Do you need help to get groceries, medications and medical supplies? What if your caregiver cannot reach you because roads are blocked or the disaster has affected him or her as well? |
|----------------|---|

FOR INDIVIDUALS WITH DISABILITIES

1. GET INFORMED

Evacuating

- Building Evacuation**

- Do you need help to leave your home or office? Can you reach and activate an alarm? Will you be able to evacuate independently without relying on auditory cues (such as noise from a machine near the stairs – these cues may be absent if the electricity is off or alarms are sounding)?

- Building Exits**

- Are there other exits (stairs, windows or ramps) if the elevator is not working or cannot be used? Can you read emergency signs in print or Braille? Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted?

- Getting Help**

- How will you call or summon for the help you will need to leave the building? Do you know the locations of text telephones and phones that have amplification? Will your hearing aids work if they get wet from emergency sprinklers? Have you determined how to communicate with emergency personnel if you don't have an interpreter, your hearing aids aren't working, or if you don't have a word board or other augmentative communication device?

- Mobility Aids / Ramp Access**

- What will you do if you cannot find your mobility aids? What will you do if your ramps are shaken loose or become separated from the building?

- Service Animals/Pets**

- Will you be able to care for your animal (provide food, shelter, veterinary attention, etc.) during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs? Do you have the appropriate licenses for your service animal so you will be permitted to keep it with you should you need or choose to use an emergency public shelter?

Contact your local emergency management office or American Red Cross Chapter to gather information you will need to create a plan.

- ◆ **Community Hazards.** Ask about the specific hazards that threaten your community (e.g. hurricanes, tornadoes, earthquakes) and about your risk from those hazards. Additionally, hazard information for your local area can be obtained at www.hazardmaps.gov.

- ◆ **Community Disaster Plans.** Learn about community response plans, evacuation plans and designated emergency shelters. Ask about the emergency plans and procedures that exist in places you and your family spend time such as places of employment, schools and child care centers. If you do not own a vehicle or drive, find out in advance what your community's plans are for evacuating those without private transportation.

- ◆ **Community Warning Systems.** Find out how local authorities will warn you of a pending disaster and how they will provide information to you during and after a disaster. Learn about NOAA Weather Radio and its alerting capabilities (www.noaa.gov).

- ◆ **Assistance Programs.** Ask about special assistance programs available in the event of an emergency. Many communities ask people with a disability to register, usually with the local fire or police department, or the local emergency management office so needed help can be provided quickly in an emergency. Let your personal care attendant know you have registered, and with whom. If you are electric-dependent, be sure to register with your local utility company.



2. MAKE A PLAN

Because a disaster can disrupt your primary emergency plan, it is also important for you to develop a back-up plan to ensure your safety.

- ♦ Meet with Your Family/Personal Care Attendants/Building Manager. Review the information you gathered about community hazards and emergency plans.

- ♦ Choose an "Out-of-Town" Contact. Ask an out-of-town friend or relative to be your contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know the contact's phone numbers. After a disaster, it is often easier to make a long distance call than a local call from a disaster area.

- ♦ Decide Where to Meet. In the event of an emergency, you may become separated from household members. Choose a place right outside your home in case of a sudden emergency, like a fire. Choose a location outside your neighborhood in case you can't return home.

- ♦ Complete a Communications Plan. Your plan should include contact information for family members, members of your support network, caregivers, work, and school. Your plan should also include information for your out-of-town contact, meeting locations, emergency services, and the National Poison Control Center (1-800-222-1222). A form for recording this information can be found at www.ready.gov - or at www.redcross.org/contactcard. These websites also provide blank wallet cards on which contact information can be recorded and carried in a wallet, purse, backpack, etc. for quick reference. Teach your children how to call the emergency phone numbers and when it is appropriate to do so. Be sure each family member has a copy of your communication plan and post it near your telephone for use in an emergency.

- ♦ Escape Routes and Safe Places. In a fire or other emergency, you may need to evacuate on a moment's notice. Be ready to get out fast. Be sure everyone in your family knows the best escape routes out of your home as well as where the safe places are in your home for each type of disaster (i.e., if a tornado approaches, go to the basement or the lowest floor of your home or an interior room or closet with no windows).

Use a blank sheet of paper to draw the floor plans of your home. Show the location of doors, windows, stairways, large furniture, your disaster supplies kit, fire extinguisher, smoke alarms, other visual and auditory alarms, collapsible ladders, first-aid kits, and utility shut-off points. Show important points outside such as garages, patios, stairways, elevators, driveways, and porches.

Indicate at least two escape routes from each room, and mark a place outside of the home where household members and/or your personal care attendant should meet in case of fire. If you or



FOR INDIVIDUALS WITH DISABILITIES

someone in your household uses a wheelchair, make exits from your home wheelchair accessible.

Practice emergency evacuation drills at least two times a year, but as often as you update your escape plan. Be sure to include family and/or your personal care attendant in the drills.

- **Plan for Your Pets.**

Take your pets with you if you evacuate. However, be aware that pets (other than service animals) usually are not permitted in emergency public shelters for health reasons. Prepare a list of family friends, boarding facilities, veterinarians, and “pet-friendly” hotels that could shelter your pets in an emergency.



Action Checklist – Items To Do Before a Disaster

Considerations for people with disabilities

Those with disabilities or other special needs often have unique needs that require more detailed planning in the event of a disaster. Consider the following actions as you prepare:

- Learn what to do in case of power outages and personal injuries. Know how to connect and start a back-up power supply for essential medical equipment.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency. Most alert systems require a working phone line, so have a back-up plan, such as a cell phone or pager, if the regular landlines are disrupted.
- If you use an electric wheelchair or scooter, have a manual wheelchair for backup.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Also, label equipment and attach laminated instructions for equipment use.
- Store back-up equipment (mobility, medical, etc.) at your neighbor's home, school, or your workplace.
- Arrange for more than one person from your personal support network to check on you in an emergency, so there is at least one back-up if the primary person you rely on cannot.
- If you are vision impaired, deaf or hard of hearing, plan ahead for someone to convey essential emergency information to you if you are unable to use the TV or radio.
- If you use a personal care attendant obtained from an agency, check to see if the agency has special provisions for emergencies (e.g., providing services at another location should an evacuation be ordered).
- If you live in an apartment, ask the management to identify and mark accessible exits and access to all areas designated for emergency shelter or safe rooms. Ask about plans for alerting and evacuating those with sensory disabilities.
- Have a cell phone with an extra battery. If you are unable to get out of a building, you can let someone know where you are and guide them to you. Keep the numbers you may need to call with you if the 9-1-1 emergency number is overloaded.

10

9

EMERGENCY PREPAREDNESS

<input type="checkbox"/> Fire Extinguisher Be sure everyone knows how to use your fire extinguishers (ABC type) and where they are kept.	<input type="checkbox"/> Smoke Alarms Install smoke alarms on each level of your home, especially near the bedrooms. Individuals with sensory disabilities should consider installing smoke alarms that have strobe lights and vibrating pads. Follow local codes and manufacturer's instructions about installation requirements. Also, consider installing a carbon monoxide alarm in your home.
<input type="checkbox"/> Insurance Coverage Check if you have adequate insurance coverage. Homeowners insurance does not cover flood damage and may not provide full coverage for other hazards. Talk with your insurance agent and make sure you have adequate coverage to protect your family against financial loss.	<input type="checkbox"/> First Aid/CPR & AED (Automated External Defibrillation) Take American Red Cross first aid and CPR/AED classes. Red Cross courses can accommodate people with disabilities. Discuss your needs when registering for the classes.
<input type="checkbox"/> Inventory Home Possessions Make a record of your possessions to help you claim reimbursement in case of loss or damage. Store this information in a safe place.	

	<ul style="list-style-type: none"> • Learn about devices and other technology available (PDA's, text radio, pagers, etc.) to assist you in receiving emergency instructions and warnings from local officials. • Be prepared to provide clear, specific and concise instructions to rescue personnel. Practice giving these instructions (verbally, pre-printed phrases, word board, etc.) clearly and quickly. • Prepare your personal support network to assist you with anticipated reactions and emotions associated with disaster and traumatic events (i.e. confusion, thought processing and memory difficulties, agitation, fear, panic, and anxiety). • You don't have to be the only one prepared – encourage others to be prepared and consider volunteering or working with local authorities on disability and other special needs preparedness efforts.
<input type="checkbox"/> Utilities	<p>Know how and when to turn off water, gas and electricity at the main switches or valves and share this information with your family and caregivers. Keep any tools you will need near gas and water shut off valves. Turn off the utilities only if you suspect the lines are damaged, you suspect a leak, or if local officials instruct you to do so.</p> <p>(Note: Gas shut-off procedure - As part of the learning process, do not actually turn off the gas. If the gas is turned off for any reason, only a qualified professional can turn it back on. It might take several weeks for a professional to respond. In the meantime, you will require alternate sources to heat your home, make hot water and cook.)</p>

FOR INDIVIDUALS WITH DISABILITIES

3. ASSEMBLE A DISASTER SUPPLIES KIT

deposit box or other secure (flood/fire safe) location to ensure the records survive a disaster. Include photographs or video of the interior and exterior of your home as well as cars, boats and recreational vehicles. Also, have photos of durable medical equipment and be sure to make a record of the make and model numbers for each item. Get professional appraisals of jewelry, collectibles, artwork or other items that may be difficult to evaluate. Make copies of receipts and canceled checks showing the cost for valuable items.

Vital Records and Documents

Vital family records and other important documents such as birth and marriage certificates, social security cards, passports, wills, deeds, and financial, insurance, and immunizations records should be kept in a safe deposit box or other safe location.

Reduce Home Hazards

In a disaster, ordinary items in the home can cause injury and damage. Take these steps to reduce your risk.

- ◆ Keep the shut-off switch for oxygen equipment near your bed or chair, so you can get to it quickly if there is a fire.
- ◆ Have a professional repair defective electrical wiring and leaky gas connections.
- ◆ Place large, heavy objects on lower shelves, and hang pictures and mirrors away from beds.
- ◆ Use straps or other restraints to secure tall cabinets, bookshelves, large appliances (especially water heater, furnace and refrigeration), mirrors, shelves, large picture frames, and light fixtures to wall studs.
- ◆ Repair cracks in ceilings and foundations.
- ◆ Store weed killers, pesticides and flammable products away from heat sources.
- ◆ Place oily rags or waste in covered metal cans and dispose of them according to local regulations.
- ◆ Have a professional clean and repair chimneys, flue pipes, connectors, and gas vents.



In the event you need to evacuate at a moment's notice and take essentials with you, you probably will not have the opportunity to shop or search for the supplies you and your family will need. Every household should assemble a disaster supplies kit and keep it up to date.

A disaster supplies kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster. Disaster supplies kit items should be stored in a portable container(s) as close as possible to the exit door. Review the contents of your kit at least once per year or as your family's needs change. Also, consider having emergency supplies in each vehicle and at your place of employment.

EMERGENCY PREPAREDNESS

4. MAINTAIN YOUR PLAN

The following should be included in your basic disaster supplies kit:

- Three-day supply of nonperishable food and manual can opener.
- Three-day supply of water (one gallon of water per person, per day).
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper).
- Matches in waterproof container.
- Whistle.
- Extra clothing and blankets.
- Kitchen accessories and cooking utensils.
- Photocopies of identification and credit cards.
- Cash and coins.
- Special needs items such as prescription medications, eye glasses, contact lens solution, and hearing aid batteries.
- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Tools, pet supplies, a map of the local area, and other items to meet your unique family needs.

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person:

- Jacket or coat.
- Long pants and long sleeve shirt.
- Sturdy shoes.
- Hat, mittens, and scarf.
- Sleeping bag or warm blanket.

Supplies for your vehicle include:

- Flashlight, extra batteries and maps.
- First aid kit and manual.
- White distress flag.
- Tire repair kit, booster/jumper cables, pump and flares.
- Bottled water and non-perishable foods such as granola bars.
- Seasonal supplies: Winter - blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, fluorescent distress flag; Summer - sunscreen lotion (SPF 15 or greater), shade item (umbrella, wide brimmed hat, etc).

Quiz: Review your plan every six months and quiz your family about what to do.

Drill: Conduct fire and emergency evacuation drills on a regular basis with your family.

Restock: Check food supplies for expiration dates and discard, or replace stored water and food every six months.

Test: Read the indicator on your fire extinguisher(s) and follow the manufacturer's instructions to recharge. Test your smoke alarms monthly and change the batteries at least once a year. Replace alarms every 10 years.

Plan Maintenance Chart

Check off task and enter date performed:

	6 months	1 year	18 months	2 years
Review plan and quiz <i>Date</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold fire and emergency evacuation drills. <i>Date</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Replace stored food and water <i>Date</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check fire extinguishers and recharge <i>Date</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Smoke Alarm Maintenance Chart

Check off task and enter date performed:

	Test monthly	Change batteries <i>Date</i>	Replace alarms <i>Date</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FOR INDIVIDUALS WITH DISABILITIES

Learn More

If Disaster Strikes

If you are instructed to take shelter immediately, do so at once

If you are instructed to evacuate

Should you need to leave, your first option and plan should always be to family or friends first; they can accommodate you, your pets, and help you be most comfortable.



in a stressful situation. Emergency public shelters will be available, and can provide a safe place to stay and meals while you are there. However, they do not provide personal health care. If you require the care of a personal attendant and choose to go to a shelter, bring the attendant with you.

- Listen to the radio or television for the location of emergency shelters. Note those that are accessible to those with physical disabilities and those that have other disability friendly assistance features such as TTY lines.
- Shut off water, gas and electricity if instructed to do so and if time permits.
- Wear appropriate clothing and sturdy shoes.
- Take your disaster supplies kit.
- Lock your home.

- Use travel routes specified by local authorities and don't use shortcuts because certain areas may be impossible or dangerous.
- Confirm upon arrival at an emergency shelter that it can meet your special care needs.
- Inform members of your support network and out-of-town contact of your location and status.

The Federal Emergency Management Agency's Community and Family Preparedness Program and American Red Cross Community Disaster Education are nationwide efforts to help people prepare for disasters of all types.

For more information, please contact your local emergency management office or American Red Cross chapter. This booklet and the preparedness materials listed below are online at www.fema.gov and www.redcross.org. Other preparedness materials are available at these sites, as well as at www.ready.gov.

These publications are also available by calling FEMA at 1-800-480-2520, or writing:

FEMA
P.O. Box 2012
Jessup, MD 20794-2012

Publications with an "A" number are available from your local American Red Cross chapter.

- Are You Ready? An In-depth Guide to Citizen Preparedness (IS-22)
- Preparing for Disaster (FEMA 475) (A4600)
- Food and Water in an Emergency (FEMA 477) (A5055)
- Helping Children Cope with Disaster (FEMA 478) (A4499)

Local sponsorship provided by:

Pierce County Emergency Management
2501 S. 35th St. Suite D, Tacoma, WA 98409
Phone: 253-798-6595 Fax: 253-798-3307
<https://www.piercecountywa.gov/104/Emergency-Management>

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EMERGENCY PREPAREDNESS



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INFORMATION/EDUCATION PAGE

Emergency Preparedness for People With Disabilities

Guide and Checklist

Natural disasters and other public emergencies can leave people stranded for days, cause breaks in communication networks, and make streets and walkways impassable. What will you do to ensure your safety during those critical first days of an emergency in your community? Presented here are guidelines for preparing for emergency situations and a checklist for building an emergency kit.

CREATE AND PRACTICE YOUR EMERGENCY PLAN

Create an emergency plan for each place where you ordinarily spend your time, and practice your plan. The National Organization on Disability (NOD) recommends having an emergency plan for home, work, and school.

Each plan should include the following:

- Personal network — For each location identify 2 or 3 people who will make sure you are OK and will help you during an emergency. Make sure you have their contact information (in your mobile device, laptop computer, or on paper) and that they have yours.
- Escape — For each location identify primary and secondary routes to a safe place inside your building (bathroom, basement, stairwell, etc.) and outside your

building (public shelter, grocery store parking lot, etc.). Practice your escape plans with your personal network.

- Information — Identify the devices you will use to stay informed about events related to the emergency (mobile device, laptop computer, radio, television, etc.). Make sure you know the phone numbers, websites, and radio and television stations that you will use to get information.
- Essential items — In addition to the basic needs required by everyone, plan to have items you need for your particular disability such as medicines, supplies, and assistive devices (like hearing aids and batteries, white cane, service animal, heavy-duty gloves for pushing your wheelchair through mud, debris, etc.).

RESPONDING TO EMERGENCIES—KNOW THE SIGNS OF STRESS

Public emergencies and disasters are stressful. Homes and other property may be damaged. People may be hurt or in danger. Environmental conditions may make normal activities like eating, sleeping, breathing, and thinking more difficult. Medical

conditions you have could become worse under these conditions. Recognizing the symptoms of stress in yourself and others around you helps manage stress and its negative effects. The list below gives examples of each type of stress you may feel. These are natural responses to emergency situations.

ADDITIONAL RESOURCES

American Red Cross “Disaster Preparedness for People with Disabilities”
<http://www.redcross.org/prepare/location/home-family/disabilities>

American Red Cross “Be Red Cross Ready” - multiple languages
<http://www.redcross.org/prepare/disaster-safety-library>

National Organization on Disabilities, “Disaster Readiness Tips for People with Disabilities”
http://nod.org/research_publications/emergency_preparedness_materials/for_people_with_disabilities/
www.nod.org/assets/downloads/Readiness-Tips-Disabilities.pdf

SIGNS OF STRESS

Psychological or emotional

- Anxiety, irritability, anger, regret, guilt
- Depression, moodiness, crying
- Jumpiness, flashbacks to bad memories
- Uneasy sleeping or excessive sleeping

Thinking

- Difficulty concentrating or remembering
- Mental confusion, inability to set priorities
- Inability to express yourself clearly
- Inability to make decisions

Physical

- Headaches, weakness, tiredness
- Upset stomach and digestive problems
- Muscle soreness or numbness
- Difficulty catching your breath

FOR INDIVIDUALS WITH DISABILITIES

220

Emergency Preparedness for People With Disabilities

EMERGENCY KIT CHECKLIST		
Items on this list can be included in both the ready kit and go bag. You should decide which items should be in one or both of these kits.	Ready Kit	Go Bag
3-day supply of nonperishable food and manual can opener. Make sure the food meets your dietary requirements		
3-day supply of water (1 gallon per person per day, but you may need more)		
Medical equipment and supplies, and assistive devices — glasses, hearing aids, catheters, augmentative communication devices, cane, walker. Label each with your name and contact information. Be sure to have chargers and extra batteries		
Personal medical information — including blood type, hospital affiliation, health insurance provider, policy number, and customer service phone number		
Medications — include a 7-day supply plus a list of the prescription name, dosage, frequency, doctor, and pharmacist. If medications need to be refrigerated, bring a cooler with an ice pack. Drug allergies should also be listed		
List of emergency contact information — including your primary physician, pharmacist, assistive equipment supplier, medical supplier, and support network members in and out of the region		
Copies of important documents — birth certificate, passport, driver's license, insurance information, proof of address (electricity or water bill with your name on it)		
Extra set of keys (to give someone access to your home or car if needed)		
Flashlight and radio with extra batteries		
Money — cash, credit cards, checkbook, ATM card		
Sanitation and hygiene items — including soap, denture care, absorbent pads, etc.		
Items for infants — formula, diapers, bottles, and pacifiers		
Supplies for a service animal — food, identification tags, proof of up-to-date vaccinations, and veterinarian contact details		
Clothes, blanket, pillow		
Alerting items — white distress flag or cloth, whistle, and/or glow sticks		
Basic first aid kit — Band-Aids, roll of bandages, tape, scissors or knife, aloe (for burns and scratches), antibiotic or disinfectant ointment, pills for pain and headaches (aspirin, ibuprofen, acetaminophen, or naproxen)		
List of your needs related to your disability or health conditions. Write it down or wear medical alert tags or bracelets		
Additional items to meet to your disability needs (make your own list)		

Authorship

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