



Disability 101

Los Angeles Independent Living Centers

- Independence
- Dignity



Disability Goals

Disability Onset, and with Aging

- ❖ Possible decrease in physical functioning
 - ❖ Possible loss of independent living
 - Decline in Instrumental Activities of Daily Living - IADLs (*preparing meals, shopping, \$\$\$ management, driving/community mobility, housework, medication management*)
 - ❖ Possible decline in basic Activities of Daily Living – ADLs (*bathing, dressing, eating, toileting, mobility around the house*)
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People with Disabilities

- ❖ Needs are NOT all the same
 - Varying Disabilities
 - Socioeconomics
 - Cultural
 - Activities of Daily Living – ADLs
 - Instrumental Activities of Daily Living – IADLs
 - Prospect of institutionalization (nursing home, etc.) is a constant possibility
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Family Caregiving

- ❖ Family Care Givers (FCG) are an option in Long Term Care (LTC)
- ❖ 25% of LTC is provided by FCG
- ❖ Abuse (neglect, physical, verbal, or financial) by the FCG is kept quiet, for fear of retaliation by the abuser or losing their assistance
- ❖ A Support Network needs to be built
- ❖ Families do not often offer care or finances to a family member with a disability.



Legal Issues & Coping with Disability

- ❖ Lack of Accessibility
 - ❖ Lack of Affordable, Accessible Housing
 - ❖ Lack of Affordable, Accessible Transportation
 - ❖ Coping with Losses
 - ❖ Awareness of Options
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Living Safely

- ❖ Falls from accessible vans, ramps, wheelchairs can lead to injury, hospitalization, loss of independence, and employment
 - ❖ Medication management
 - ❖ Awareness of safety issues should be provided to family and neighbors
 - ❖ Medical alert devices are available for summoning assistance in an emergency situation
 - ❖ Disaster planning at work, home, or in any situation
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Memory Loss

- ❖ Traumatic Brain Injury (TBI), Depression, Dementia, and Alzheimer's
- ❖ Can be a part of aging
- ❖ Ask for help, and seek resources
- ❖ Partner with the physician & staff
- ❖ TBI – Develop compensatory strategies and seek rehabilitation training



Legal Assistance

- ❖ Americans with Disabilities Act (ADA)
- ❖ Fair Housing Act
- ❖ Benefits
- ❖ Legal Aid
- ❖ Power of Attorney
- ❖ Public Entitlements
- ❖ Advance Directives
- ❖ Title 24
- ❖ Unruh Act

