

September is National Preparedness Month

National Preparedness Month is a nationwide effort to increase public awareness about the importance of preparing for emergencies. Especially during this month, Americans are encouraged to take simple steps to prepare for emergencies in their homes, businesses, and schools.

While much attention is given to hurricanes, emergencies happen daily in communities across the country from power outages to tornadoes to wildfires. Despite these everyday occurrences, Americans still have not made preparedness a part of their everyday lives. By taking some simple steps to prepare, Americans will have the basic capabilities to take on any disaster and allow responders to focus on those who cannot take care of themselves first.

Recommended Items to Include in a Basic Emergency Supply Kit

- **Water** - One gallon of water per person per day for at least three days, for drinking and sanitation
- **Food** - At least a three-day supply of non-perishable food
- **Can opener**
- **Battery-powered radio and a NOAA Weather Radio with tone alert** - Include extra batteries for both
- **Flashlight** - Include extra batteries
- **First Aid Kit**
- **Whistle** - To signal for help
- **Dust mask** - To help filter contaminated air
- **Plastic sheeting and duct tape** - To shelter-in-place
- **Moist towelettes, garbage bags, and plastic ties** - For personal sanitation
- **Wrench or pliers** - To turn off utilities
- **Local maps**

For more information about Emergency Preparedness, contact Crockett Resource Center for Independent Living at 936-544-2811.

Who Gets Diabetes?

Millions of Americans have been diagnosed with type 2 diabetes; many others have it and do not know it. Millions more have a condition called pre-diabetes, which means that they are at risk for developing type 2 diabetes.

Several factors for type 2 diabetes which can be controlled are:

- **Weight:** Too much body fat is a main risk factor for type 2 diabetes
- **Smoking:** Makes it harder to control your blood sugar
- **Inactivity:** Can lead to excess body fat, high blood sugar, and high blood pressure
- **High blood pressure and/or high cholesterol:** These conditions are linked to type 2 diabetes and heart disease

Risk factors for type 2 diabetes which cannot be controlled are:

- **Family history:** Close relative (parent, brother, sister) with diabetes
- **Age:** More common in people aged 40 and older
- **Ethnic group:** African Americans, Latinos, Hispanics, Native Americans, Asian Americans, and Pacific Islanders are more likely to develop diabetes

For more diabetes information, contact Crockett Resource Center for Independent Living at 936-544-2811.

Crockett Resource Center for Independent Living

There are many different types of organizations that serve people with disabilities: state agencies, group homes, rehabilitation hospitals, sheltered workshops, nursing homes, senior centers, and home health care agencies. These organizations are important links in the network of services that help people with disabilities maintain independent lifestyles.

Independent Living Centers can be easily distinguished from other service agencies by the extent of involvement of people with disabilities. Independent Living Centers have people with disabilities serving on their governing boards, as well as employees in management and service delivery positions. Simply put, independent living centers are run by people with disabilities who themselves have been successful in establishing independent lives. They have both the training and the personal experience to know exactly what is needed to live independently, and they have a deep commitment to assisting other people with disabilities become more independent.

Crockett Resource Center for Independent Living (CRCIL) offers a wide variety of services. The five core services, which are essential for people with disabilities to live independently, include information and referral, independent living skills training, peer support, advocacy, and transition.

CRCIL, 1020 Loop 304 East in Crockett, Texas serves a wide variety of disability groups including people with mobility issues, visual and hearing impairments, intellectual and developmental disabilities, mental illness, and traumatic brain injury. For more information about CRCIL and available services, call 936-544-2811.

The ADA & Social Movements

On July 26, 1990, President George Bush signed the Americans with Disabilities Act. This was the first federal civil rights legislation on behalf of persons with disabilities. Prior to this legislation, there were five social movements in the 1960's and 1970's that created the necessary atmosphere for the disability rights movement and the development of Independent Living Centers.

1) **The civil rights movement** began with Rosa Parks refusing to sit at the back of the bus and continued on with the efforts of Dr. Martin Luther King. These protests were the first of many pertaining to the treatment of those who seemed to be different.

2) **Consumerism**, led by well-known national figures such as Ralph Nadar, also contributed to the independent living movement. People with disabilities began to emphasize their role as consumers **first**, patients **last**. Individuals with disabilities wanted the right not only to educate themselves but also to decide what services and products they wished to purchase.

3) **Self-help** programs are not new to the United States, however, **organized** self-help programs are. Independent living leaders believe that only persons with disabilities know best how to serve others who have the same disabilities; thus evolved the concept of peer counseling.

4) **De-medicalization** means removing the involvement of medical professionals from the daily lives of individuals with disabilities. People with disabilities are **not** sick and should not be required to be dependent upon medical professionals for everyday needs. Personal assistance is a consumer-directed service where the person with the disability recruits, hires, trains, manages, and fires his or her personal assistant.

5) **De-institutionalization** began in response to facilities which housed those who were mentally ill or had intellectual disabilities. Although an individual is disabled due to a permanent mental condition, placement in an institution is not appropriate. In addition, care is far more costly than providing those same residents the support services they need to live in their chosen communities. The disability rights and independent living movement is working towards the development of non-medical, community-based services which assists institutionalized persons to move back to their home.

Beginning in the late 60's, the Center for Independent Living (CIL) in Berkeley, California, merged disability rights and independent living concepts into one operational organization. Individuals with disabilities joined together to protest their exclusion from society's mainstream, and by 1972 there were at least five states where CIL's similar to the Berkeley model had been established. As in the beginning, these organizations are run **by** people with disabilities **for** people with disabilities. Sounding like the civil rights movement of the 50's and 60's, it continues to be an ongoing project to respond to a rising demand from the disabled community for control over an individual's own services. People with disabilities pointed out that, much like other minorities, they were being denied access to basic services such as employment, housing, transportation, and education.

Today CILs still emphasize the primary principles of these five movements in services and advocacy approach. The anniversary of the passage of the Americans with

Disabilities Act of 1990 (ADA) allows people to look back and see the harm done by discriminating against people with disabilities. The ADA insures that all Americans, regardless of ability, have access to public accommodations, employment, transportation, telecommunication, as well as state and local government services.

For more information, contact the Crockett Resource Center for Independent Living, 1020 Loop 304 East, Crockett, Texas, 936-544-2811.