

TIPS FOR THOUGHT, IN HOME SAFETY

- Have working lights at all entrances.
- Have a wide-angle door viewer on all exterior doors.
- Have good locks on all doors and windows and USE THEM!
- Know which neighbors you can trust, and depend on them in an emergency.
- Never give personal information to telephone solicitors.

*Tell us what you want in the Tips for Thoughts section. Also, check for schedule of free self-defense classes for all types of disabilities. Email requests to bedsylee@sippoc.org or dpriddy@sippoc.org or call 457-3200 ext. 435.

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PARTNERSHIP HIGHLIGHTS SIUC - DISABILITY SUPPORT SERVICES

Southern Illinois University Disability Support Services (SIUC DSS) has a long history of service to students with disabilities and is committed to create an environment that provides access to all.

“At SIUC, we do not have a one stop shop for disabilities, instead we have services integrated throughout the campus so that our students with disabilities are working, studying and playing right with our students without disabilities,” says Kathleen Plesko, director of DSS.

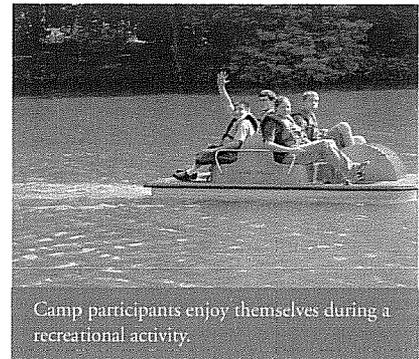
Programs unique to SIUC DSS include the Transition and Inclusion Camp for Students with Disabilities and the Adapted Computer/Website Design education initiative.

The Transition and Inclusion

Camp, a summer camp for high school youth with disabilities, is a statewide project that provides essential training for students who are preparing to enter post-secondary institutions. DSS and IT staff, various campus departments and peers with disabilities train participants in areas that will improve the likelihood of academic success. A primary focus is to teach participants how to utilize adaptive computer technologies.

“For students with disabilities, this knowledge is imperative; students’ mastery of adapted computer technology can mean the difference between success and failure,” says Plesko.

This June’s camp, which reached max capacity was provided at free of charge for participants.



Camp participants enjoy themselves during a recreational activity.

In addition to the summer camp, the Adapted Computer/Website Design education team will teach adaptive technology and website design to educators at all levels and develop and distribute an adaptive technology evaluation tool that is suited for application in educational and employment settings. For more information contact Kathleen Plesko at 618/453-7754 or kplesko@siu.edu.

UPCOMING EVENTS

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|-----------|---|
| July 13 | Peer Meeting at Carbondale Towers, 810 W. Mill St. 3:00 p.m. FREE FOOD! |
| July 13 | Community Meeting at Civic Hall, Rm. 103, 1:00 p.m. General public welcome! |
| July 27 | Peer Meeting at Carbondale Towers, 3:00 p.m. FREE FOOD! |
| August 10 | Peer Meeting at Carbondale Towers at 3:00 p.m. FREE FOOD! |
| August 24 | Peer Meeting at Carbondale Towers at 3:00 p.m. FREE FOOD! |



PROMISING CONNECTIONS

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GUEST COLUMNIST

I feel lucky, because I look back on my life seeing myself as a strong willed and intelligent human being with a positive view of my future.

I've been robbed. I've been threatened. I've been touched. I've been abandoned. I've been hit.

I've been afraid. I've been angry. I've been stiff. I've been crying. I've been hurt.

I've also been a listener, a speaker, a lover, a hater, a counselor, and an advocate.

It took many years and many people, many friends, many loved ones and through all of these I've become a survivor. It has not always been easy, but being social, being able to talk about how I felt, and listening to how others cope with things they go through, helped a lot.

- TP, Carbondale Resident

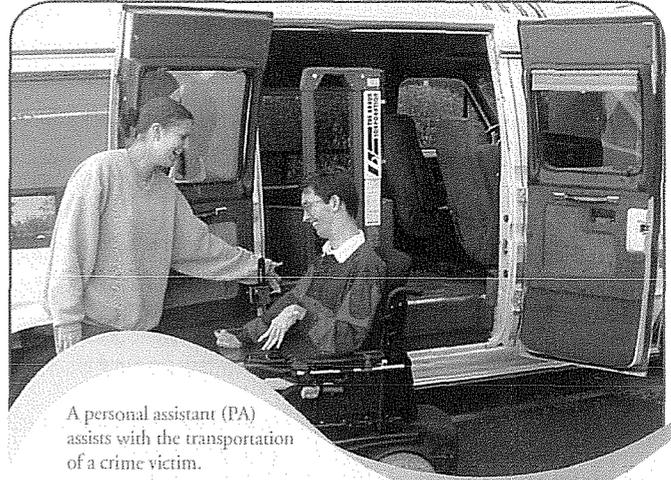
SPEAKING OUT

Hello! I want to share my story of being victimized with you in hope that you can learn from my experience. I was a happy, carefree college student who would say "hi" and start a conversation with most anybody who happened to also be waiting for the bus.

One day I met this man and we got to talking. I really enjoyed having someone to talk with while I waited for the bus. He asked if he could ride the bus to my stop and told him no, but he insisted on riding anyway. I ended up getting off at a convenience store near my house and he followed me into the store while I purchased ice cream. He still wouldn't leave so we went to a park near the store, and talked for a while. At one point he made me touch his whiskers and when we parted he wanted a hug but, I said no and he left. I remember standing and watching him walk away before I walked the long way home.

I didn't want to report it to the transit police but my grandmother persuaded me to. Turns out he'd done this to other women and he ended up getting suspended for his behavior.

- Akina, SICIL Volunteer



A personal assistant (PA) assists with the transportation of a crime victim.

WEB SPOTLIGHT

PERSONAL ASSISTANT ONLINE SEARCH

Promising Practices of Carbondale is committed to simplify finding a qualified personal assistant (PA).

Promising Practices online (sippoc.org) features a new and improved PA search. Individuals can access the website and specify the type of PA that they are searching for. Various specifications include, gender, location, work schedule, experience, or even by type of assistance needed.

With this new process, employers are finding personal assistants that are a close match with their needs. In the past, finding a personal assistant has been difficult and Promising Practices of Carbondale's online PA search is a perfect answer to this problem.

Personal assistants in this list are carefully screened and required to pass a nationwide criminal background check, take training courses, and agree to continue taking training sessions on a regular basis. Specific procedures for taking personal assistants off the list will be applied if requirements are not met. List is updated regularly.

Rigorous procedures were taken to maintain this one of a kind list.

Check out this resourceful tool online today!

PERSONAL ASSISTANTS LIST UPDATES

Caleb Akintoye
Fran Anderson
Shauna Comparini
Tammi Freeman

Removed - Shakira Morgan

VISIT WWW.SIPPOC.ORG
FOR MORE DETAILS

PROMISING PRACTICES OF CARBONDALE

Persons with disabilities will find Promising Practices of Carbondale as a supportive resource. Please forward ideas or comments to Grant Assistant Coordinator, Betsy Lee (bedsylee@sippoc.org).

Alternative formats for this document are available through Gary Phelps (618)457-3318) of the Southern Illinois Center for Independent Living.

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