

ISSUE 38 Spring 2020

The  
**Riot!**

# Here For Each Other



Cover art by Michael Schaff, "Nurses"



## About the Riot

*The Riot* is produced at Human Services Research Institute (HSRI). We thank everyone who helped create this issue. Without you, *The Riot* would not be possible.

A shout-out to those who wrote an article or gave permission to share their story: Nicole LeBlanc, Stacey Milbern, Jane Auer @ Ben St. John, Eric Matthes, Miso Kwak, Jami Petner-Arrey, John Agosta, Yoshi Kardell, and Jennifer Negus.

### What's That Word?

This issue has some words that have been used a lot in the news. Like:

**COVID-19** - Name of a new virus that causes flu-like symptoms and breathing problems.

**Coronavirus** - Name of a group of viruses that cause a variety of diseases in humans and other animals. COVID-19 is a type of coronavirus.

**Epidemic** - A widespread disease in a community.

**Pandemic** - A disease that spreads around a country or the world.

**Social Distancing** - Staying away from large gatherings and staying at least 6 feet apart from people in public (also called physical distancing)



### A Riot Scavenger Hunt

As you read this issue of *The Riot*, look for the picture of the yellow figure holding a magnifying glass. It is pointing out a clue. The last page has questions that you can only answer if you followed the clues and did the activities.

Follow the clues and follow the FUN!

## Cover Art

The art on the cover of this issue was created by Michael Schaff.

To learn more about Michael or purchase works of art, visit [Art Enables](#), an Art Gallery and Vocational Arts program, in Washington DC, dedicated to creating opportunities for artists with disabilities to make, market, and earn income from their original and compelling artwork.

### Inside this issue:

We Are Here for You	2
Your Circle of Trust	2
Riot Way to Keep Rockin	3
You Have Rights	3
Riot Ad Page	4
Feeling Anxious?	5
Will I Get a Payment from the IRS?	5
#MightyMoment	6
Movers and Shakers!	6
Charting the LifeCourse	7
Ben's Connections	7
Star Power	7
Movie Review: Crip Camp	8
Riot Puzzle	8
Horoscopes	9
Ways to Stay Busy at Home	9
Craig Says	10
Riot Action Page	10
30th Anniversary of the ADA	10
Riot Scavenger Hunt	11

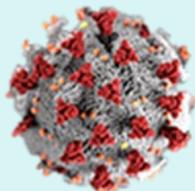
## We Are Here for You!

Never fear, we're still here! In times like this, *The Riot* is called into action to make sure self-advocates can share their stories.

People all over the globe are fighting a tiny enemy - known as COVID-19 (also called coronavirus). It is a new virus that makes people sick.

People who are infected can spread it to other people. They are still working to find treatments and a vaccine. Health experts say that the best way to slow the spread of the virus is to limit contact among people. This means:

- ✓ Stay home as much as possible
- ✓ Don't gather in groups
- ✓ Keep a safe distance from other people (about 6 feet)
- ✓ If you can, wear a mask or face covering



The federal government and many states have created rules to help us all stay safe. Schools and businesses will close for a while except for ones that are "essential" like places that provide medical care, food, and medications (like pharmacies).

These rules are meant to keep people from getting sick. But they might also create challenges for people with disabilities and their families in getting the supports they need. They are worried about:

- How will I get personal care?
- Is it safe for staff to come in and out of my home?
- How will I get food and medications?

We know these are tough times. Our goal is to help you stay connected. We are here for you in good ol' *Riot* style. In this issue we give you facts, stories, resources, and fun games to play while you stay home and stay safe. Until we can all be together again, we'll do our best to keep rockin!

## Your Circle of Trust

We want to help you stay in the know. Every day there is new information about COVID-19 and what we need to do to stop the spread. It can be hard to keep up.

In this issue, we try to give you the latest information that we know right now. You might not find answers to every question you have, but we are all in the same boat. Much is still unknown about what will happen in the days ahead. One thing we DO know is that we will help each other through this!

People with disabilities have lots of questions about services and supports. Many states are trying to answer questions and help people get the support they need. Even so, things might not



be going fast enough for people who need support with day-to-day needs.

If you have questions or are worried about your supports, talk with the people close to you.

They will help you figure things out.

Just like the character, Jack Burnes, in the movie "Meet the Fockers" you may have a circle of trust. The people you trust the most. Think about who's in your circle of trust. Family members, friends, boyfriend, girlfriend, or spouse? Do you have a trusted teacher, advocate, or case manager? Make a list of who you can turn to. It's okay to reach out for help when we need it.



## Virus Giving You a Scare?

### Here's *The Riot* Way to Keep Rockin'

This is not a normal time. People are getting sick from COVID-19 and it scares us all. We don't want the people we care about to get sick, or to get sick ourselves.

Lots of people will tell you what to do right now. But YOU can help too.

★ **Be Informed** - Listen to what the health professionals say. When you can, keep your distance from other people, wear a mask, and wash your hands. The virus can spread easily. Be informed, don't help it spread!

★ **Be Brave** - Facing down the virus right now can be scary. Still, we can be willing to be ready to do what we can to help. We can be scared and brave at the same time. Most of all, let's be brave.

★ **Be Active** - Feeling down or sad? We can all become sad *Couch Zombies*. Oh no! Not that! Forget that! Let's stay active. Call your friends. Watch a movie. Cook a nice meal. Exercise. Start a project. Be extra nice to everyone. Stay Active!

★ **Be a Self-Advocate** - Self-advocates speak up for themselves and for others. Right now it's easy to lose your voice. Don't lose your voice. If you or someone else needs help, speak up!

★ **Do the Right Thing** - What is the "right thing"? It's about doing things that are best for you and the people around you. We are in this together but each of us has a job to do. So... Be informed. Be brave. Be active. Be a self-advocate. We are safer when each one of us does the Right Thing.

## You Have Rights

Some people are worried that because of their disability they won't get tested or treated for COVID-19. The US Government says that you have rights and cannot be discriminated against. You

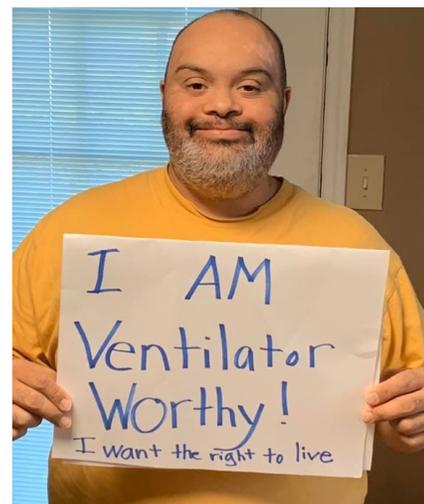


have a right to fair, equal, and compassionate treatment - the same as anyone else. You and your doctor will decide what is best for you.

You have a right to:

- Communication you understand (including an interpreter)
- Access programs
- Easy to understand emergency information
- Have your needs included in emergency planning
- Have your religious views or practices respected

If you think your rights have been violated, you can [File a Complaint](#).



Pictured: A self-advocate with People First of Alabama.



The Self Advocacy Resource and Technical Assistance Center (SARTAC) has great resources like:

- ☆ Plain language tips for working with support staff during COVID-19
- ☆ Plain language information on COVID-19
- ☆ Weekly calls for peer to peer support for Self-Advocates only

[selfadvocacyinfo.org](http://selfadvocacyinfo.org)



The National Center on Advancing Person-Centered Practices and Systems (NCAPPS) created short videos on person-centered practices in times of crisis. The series is called Wisdom During the Pandemic.

Check out the [NCAPPS Facebook Page](#) to see the latest videos.

#WisdomDuringPandemic



TASH is a leader in disability advocacy. Join TASH for Self-Advocacy Coffee Breaks. It gives self-advocates a way to share their concerns and experiences during the COVID-19 crisis. These coffee breaks are hosted by Tia Nelis, TASH's Policy and Advocacy Director and past president of Self-Advocates Becoming Empowered. Come and talk and share stories and more!!

**Email [tnelis@tash.org](mailto:tnelis@tash.org) for the Zoom link to join the meeting!**

## Need a Background for Your Zoom Meeting?

Go to the [Art Enables Facebook Page](#) and download an Art Enables original Zoom Background. Each week, they unveil new backgrounds in theme with their weekly digital exhibition, "Wish You Were Here."



Calvin "Sonny" Clarke, "Sea Beast"

## Feeling Anxious?

During these uncertain times, we all might be feeling worried or stressed. People have different ways of dealing with stress. Below are a few ideas. Which way works best for you?

### Get Your Groove On!

One good way to deal with stress is by moving your body. No need to go to the gym. Try listening to your favorite song, and dance and sing along. Living room dance party anyone? Turn up the volume or put on your headphones and jam! Don't worry about what you look like or sound like. Who cares? Just let it all go! You might find this is a great way to lift your spirits.

Don't be shy. Give it a try!



### Create Your Calm Zone

For some people, music does not help them de-stress. Creating a quiet zone might be the best. Here are some tips to create a quiet space:

- Tell anyone around you that you need to have some time to yourself
- Put on headphones to cancel out any noise
- Find a comfy way to sit or lay down
- Use a warm heavy blanket



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## Will I Get a Payment from the IRS?



The Internal Revenue Service (IRS) is helping Americans through this crisis by giving those who qualify some extra money. It's called an Economic Impact Payment. This is a one-time payment of up to \$1,200 for individuals and \$2,400 for married couples. Some will get \$500 more for each child they have. The amount a person gets is based on their income in 2019.

People who get Social Security Income (SSI) or Social Security Disability Income (SSDI) will likely get a payment. But for some people, things might be a bit more complicated, like if someone else can claim them on their taxes.

If you have questions about your situation and what that means for your payment, here's what you can do:

- Ask someone in your circle of support if you will get a payment and how you will get it
- Visit the [IRS website](#) and look for the Frequently Asked Questions (FAQ) page
- Contact your state's Disability Rights organization. Many of them are tracking this issue closely. To find an organization in your state, visit the [National Disability Rights Network](#).



## #MightyMoment

[The Mighty](#) - a supportive community for people facing health challenges and the people who care for them - is doing something cool! They want to remind us of the goodness in this world, one mighty moment at a time.

**What is it?** Highlighting the stories of the small but powerful moments that lift us up like reconnecting with an old friend, a current art project, a kind act from a stranger, when someone tries to understand and much more.

**How can you get involved?** Mighty members can post Thoughts and Questions to connect with the community in real-time. To share your #MightyMoment story (and photo), simply post a Thought from [themighty.com](http://themighty.com) or The Mighty's iOS or Android app using the hashtag #MightyMoment.

Visit [Share Your Mighty Moment](#) to scroll through and read stories that have already been shared.

## The Movers and Shakers!

Check out the Disability Justice Culture Club! It is a small but mighty crew near San Francisco in California. The club includes five disabled and neurodivergent queer people of color. During the coronavirus crisis they have:

- Created a way to pair people who were at higher risk, disabled or elderly, with allies who could help each other.
- Made and gave out 100 anti-coronavirus kits to unhoused neighbors. The kits had masks, gloves, homemade scent-free hand sanitizer, and a vitamin mix.
- Spoke up about the rights of people with disabilities to have full access to life-saving treatment

Check out the [DJCC Facebook Page](#) to learn more about their work and upcoming activities.



## What's your #MightyMoment?



## You Count!

This year is the 2020 Census. Every ten years the Census counts the people who live in the United States. The



results are used to decide how much funding cities, counties, and states should get for public programs. This can be important for people with disabilities.

Have questions about the Census? Check out the [Rooted in Rights](#) website. It has videos, in English and Spanish, to help you learn about the Census.

Ready to be counted? Visit the [US Census](#)

## Charting the LifeCourse

The Charting the LifeCourse Framework was created by families to help individuals and families of all abilities and all ages develop a vision for a good life. It is built on principles, ideas, and tools. Here we include a few stories about how people can use the LifeCourse tools to help them plan during the COVID-19 crisis. Learn more about [Charting the LifeCourse](#)

### Ben's Connections

Ben, a self-advocate from Missouri, and his family used a Charting the LifeCourse tool called a Trajectory to help them plan for the next few weeks of staying home. On one side they wrote down the things he DID want (like staying active and connected with family and friends) and things he DIDN'T want (like being lonely and worried). They filled in things that would help him stay on a positive path during this time.

[Check Out Ben's Trajectory!](#)

## What's on Your Star?

Use this star to create your plan for what you need right now to have a good life.

Think about...

- ☆ Things you are good at!
- ☆ Your friends and family that can support you.
- ☆ Services you can use.
- ☆ Supports in your community like the food bank or food delivery.
- ☆ How you can use technology to talk with friends like Facetime, Zoom, and social media.

## Star Power

The Ohio Department of Developmental Disabilities has a webpage called

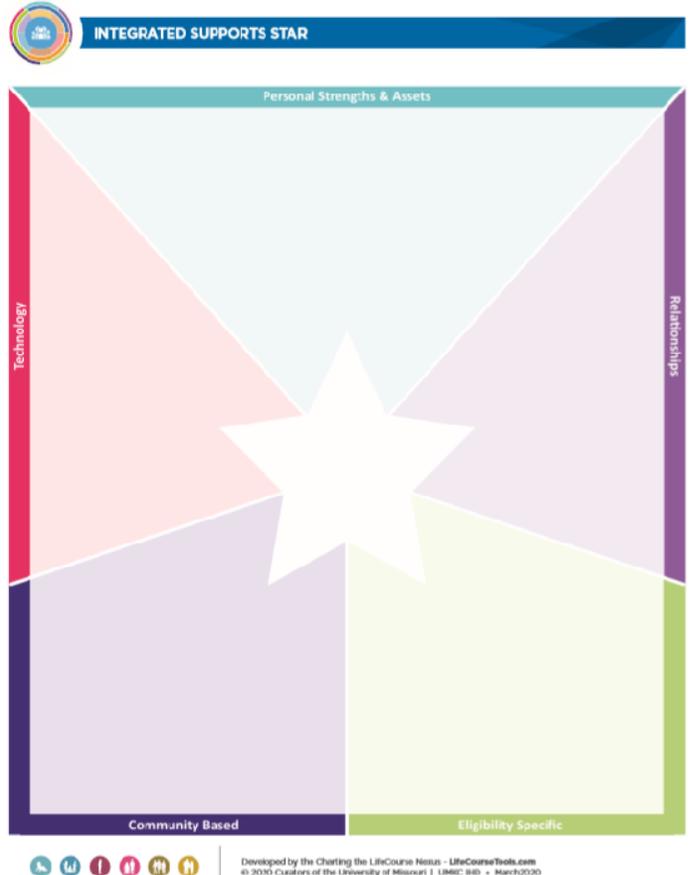
[Charting the LifeCourse Integrated Star for Social Distancing.](#)

The Integrated Support Star is a tool that helps people think about different types of support such as:

- ☆ Personal strengths
- ☆ Community
- ☆ Relationships
- ☆ Technology
- ☆ Eligibility-based supports



The webpage has a great example of an Integrated Star with lots of ideas to help people be supported and stay connected while they stay home.



## Movie Review: Crip Camp

By Miso Kwak

As I watched the pandemic grow, anxiety, anger, and sadness kept me up at night. How would my deafblind friends communicate if they had to go to the hospital? How would my friends who need daily support do social distancing? Would health care providers really think my life is less because of my disability?

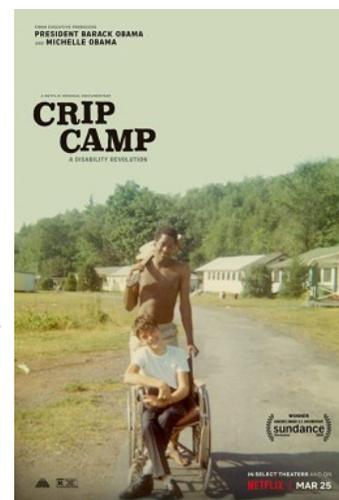
Watching the documentary “Crip Camp: A Disability Revolution” eased these fears. It affirmed my identity as a disabled person and reminded me of the power of the disability community.

“Crip Camp” shows disabled people doing ordinary things like going to summer camp as teenagers, falling in love, and having sex. Things many nondisabled people take for granted but

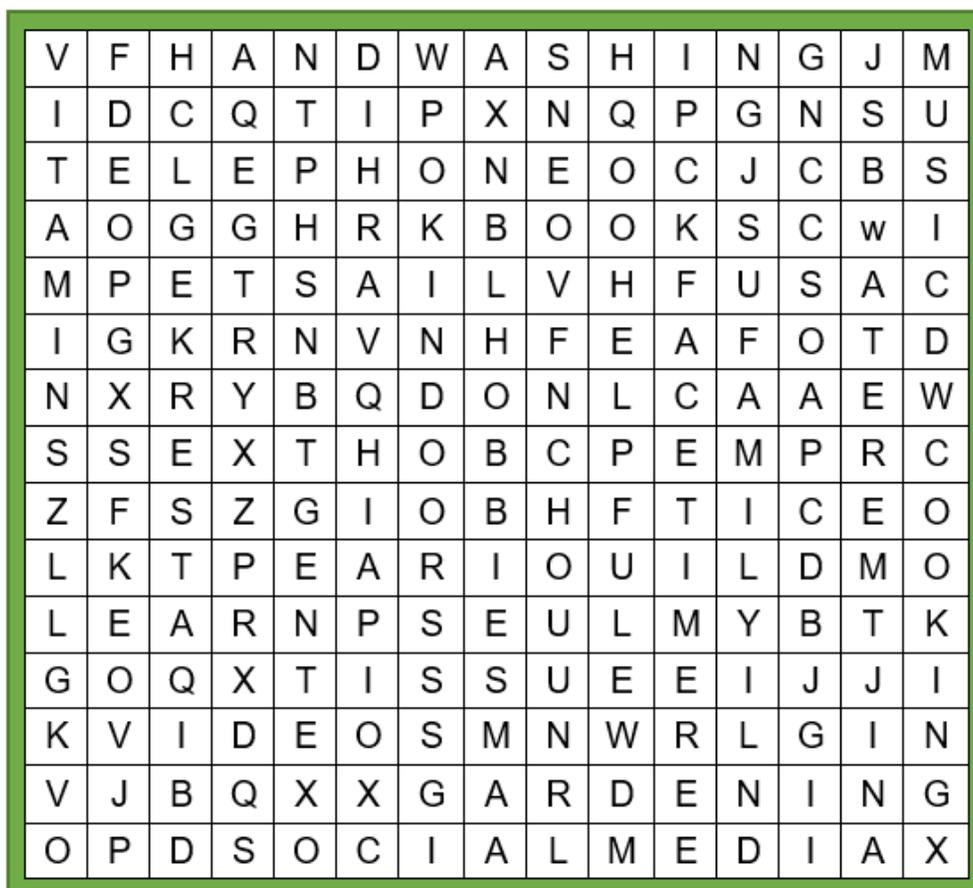
think that disabled people can’t and shouldn’t enjoy. The film shows the extraordinary things that disabled activists did like a “sit-in” lasting 26 days for Section 504 of the Rehabilitation Act, and advocating for the Americans with Disabilities Act.

“Crip Camp” is a film that honors those who paved the way before us, reminds us that we, as disabled people, have the right to live and belong in this world, and encourages us to continue the work for a better world for disabled people.

**Watch it on Netflix!**



## Feeling stuck indoors? Try our Riot Puzzle!



### Find these Words!

1. Handwashing
2. Facetime
3. Soap
4. Water
5. Tissue
6. Music
7. Vitamins
8. Telephone
9. Pets
10. Social media
11. Rest
12. Books
13. Videos
14. Gardening
15. Family
16. Learn
17. Indoors
18. Hobbies
19. Cooking
20. Helpful



# Horoscopes



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



**Capricorn (Dec 22 - Jan 19):** Call a friend and talk it up!

**Aquarius (Jan 20 - Feb 18):** Send a text to someone special. They've been waiting to hear from you.

**Pisces (Feb 19 - Mar 20):** Listen to some calming music or sit in silence and wait for the message.

**Aries (Mar 21 - April 19):** Light a candle and send good vibes out into the world, and good vibes will come right back.

**Taurus (April 20 - May 20):** Now is the time for a new start. Remember, you can start again, as many times as you want.

**Gemini (May 21 - June 20):** Make a list of all the things you are thankful for, no matter how small and you'll see the list grow.

**Cancer (June 21 - July 22):** Treat people with kindness and it will come back to you.

**Leo (July 23 - Aug 22):** You may get an unexpected sign that means good luck is around the corner!

**Virgo (Aug 23 - Sept 22):** Take on a new hobby that feeds your soul!

**Libra (Sept 23 - Oct 22):** Give someone a simple gift with a special meaning.

**Scorpio (Oct 23 - Nov 21):** Think about what is most important, and let that be your guide.

**Sagittarius (Nov 22 - Dec 21):** Create a quiet calm place that you can sit back and relax.



## Ways to Stay Busy at Home

By Eric Matthes



Here are a few tips for anyone who might be spending more time at home right now.

- 1. Flex and stretch.** There are lots of exercises you can do right in your own room like sit-ups or push-ups. You can even use soup cans as weights!
- 2. Clear the clutter.** This is a great time to go through your things and get rid of stuff you don't need.
- 3. Turn off the tube.** Turn off the TV during the day and give yourself a break from screens. Turn on some music instead. Write a letter, draw, or do a puzzle.



- 4. Pick a project.** Is there something you want to get done around the house? Now is the time to dive into that project.
- 5. Sit in silence.** Some people like to meditate for few minutes to clear their mind. If it doesn't work for you to sit in silence there are lots of guided meditations on YouTube.
- 6. Phone a friend.** Reach out and connect with your friends and family any way that you can - call, video chat, or text. Sometimes it takes courage to reach out, but that person may be waiting for you to call. You might just make their day!





## Craig Says... Staying Home Stinks!

I don't get it. What's the BIG deal over such a TINY little germ? You all know how I usually like to stay home. But what am I supposed to do now with no sports on TV? This stinks! I'm so bored I started to read the back of the chip bag for fun. I've even watched all nine seasons of *The Office*.



Seriously, it's that bad.

The experts on the news say I should stay home and only go out when I need to. Is running out of potato chips a good reason to go to the store?

I don't like people telling me what to do. I should be able to do whatever I want! I'm not one to



throw parties, but right now I'd love to have my buddies over for a BYOC barbeque - Bring Your Own Chips (and dips of course)!

But I guess that we all need to do our part to slow this illness from spreading. For some people, like older people and those with other health issues, this virus can be deadly. Things are pretty serious right now. So I'll stay home as much as possible and follow the advice from health experts. I can't say I won't be grumpy about it. I can't wait until things get back to normal. When I can stay at home because I WANT to.

You know me: I'll probably still be grumpy then too.

Good to know some things never change.



## Riot Meme Contest

That's right! It's a Riot Meme Contest. Come up with a clever tagline below and create your own meme. The best one will be featured on the Riot Facebook page! Email us at [theriot@hsri.org](mailto:theriot@hsri.org)



## Puzzle Answers



## Riot Action Page Speak Up and Speak Out!

### Remember to Vote!

Yes, it's still springtime but we have a presidential election on Tuesday, November 3rd. And there are many other offices and issues to vote on. YOU have the right to vote. Here are four things you can do.

**1 Sign up or register to vote.** You must be registered to vote. If you aren't registered, you can't vote. Learn more at this website.

[www.usa.gov/register-to-vote](http://www.usa.gov/register-to-vote)

**2 Know the issues and candidates** so you can make the choice you really want. Family and friends can give you information so you can make up your own mind.



**3 Talk about the issues that are important** to you with family, friends, or at self-advocacy meetings. This will help you decide who and what to vote for.

**4 Learn about how to vote.** This year, your state might have different ways for you to vote such as by mail. Or if you must go to a voting station, you'll need to find out how to get there and what to do. Be prepared!

Remember, your vote counts. Visit the SABE-USA website to learn more about voting. Go to [www.sabeusa.org](http://www.sabeusa.org)



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

### The 30th Anniversary of the ADA in a Time of Mass Uncertainty

By Nicole LeBlanc

This year is the 30th Anniversary of the Americans with Disabilities Act (ADA). It was signed into law in July of 1990 by President George H.W. Bush. He said, "Let the shameful walls of exclusion finally come tumbling down." This is by far one of my favorite quotes on the successes in the fight for "true inclusion in all aspects of community life." Many of the dreams and goals of the ADA are at the heart of creating person-centered systems. The ADA has helped with things like accessible spaces. But two areas still fall short - jobs for



adults with developmental disabilities and healthcare that meets our needs.

It is my hope that in the next 30 years we will get rid of inequality in healthcare and barriers to real jobs. I dream of a world of no ableism, racism, negative attitudes, and stigma. Given that we are in the thick of the coronavirus pandemic only intensifies this need. This pandemic is giving the non-disabled world an idea of what it is like to be disabled.

It is my hope that when this nightmarish pandemic is over, it will ignite a focus on changing attitudes toward people with disabilities. Where we are valued for who we are, given equal access to care, and supported across all settings.

**LEAD ON, HAPPY BIRTHDAY ADA.**

# Riot Scavenger Hunt

1. Who's one person you can turn to for support?

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2. What's your favorite resource from the SARTAC website?

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3. What's the Disability Rights organization in your state?

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4. What can you put on your Integrated Support Star to help you with social distancing?

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5. What's one thing you can do to stay busy at home?

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6. What's one issue that is important to you in this election?

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