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EMBASSY OF SWEDEN
3900 NEBRASKA AVENUE, NW
WASHINGTON, D. C. 20016

June 12, 88.

Dear Mr. Fiedler,
I so much
appreciated your
kindness to send
me the beautiful
picture. Many
warm thanks! -

It will always
remind me of the
very successful

visit of the
king and the
queen and of your
precious friendship.

I wish you a
wonderful summer
and hope to see
you and yours and
again when we
are back here in the
fall.

Affectionately
Alice Bachman



Paul Dudley White MD



Mr
Lex Frieden

Nat. Council on The Handicapped
800 Independence Av
Suite 814 S.W.

Washington DC 20541



ROYAL SWEDISH EMBASSY

RECEIVED

JUL 21 1988

TIRR FOUNDATION

Lex Frieden



Senior Vice President, The Institute for Rehabilitation and Research (TIRR)



Former Executive Director, National Council on Handicapped



Author of several papers and books



Responsible for passage of Americans with Disabilities Act

“Success is being able to get up in the morning with a smile on your face and go to bed in the same way. String together a bunch of these days and you can accomplish anything.”

“Look for barriers and find ways you can contribute to the removal of those barriers.”

“Decisions should be made based on a foundation of beliefs and morals.”

“Be a player in the game of life and analyze your next move.”

“I am committed to sharing knowledge.”

“Everyone has problems, so approach them from a problem-solving perspective and you are much more likely to get past them.”

“Knowledge is power, but only if you acquire and use it.”

“Too many people hoard knowledge. Share it.”

“Ask yourself what you can contribute and then do it.”

1959 (Spring)

Graduated Valedictorian from High School

1959 (Fall)

Entered College and broke his neck in an automobile accident

1959-1960

Rehabilitation

1960-1963

Attended and graduated College Tulsa University

1976-1978

Prepared background paper on Community and Residential Based Housing for the White House Conference on Handicapped

1963-1975

Master's Degree, Research Assistant at Baylor School of Medicine

1989-1970

Lobbied for passage of Americans with Disabilities Act Representative of U.S. on a disability and employment panel in Paris, France

1984-1988

Executive Director of National Council on Handicapped, Produced proposal that laid foundation for the Americans with Disability Act (ADA)

1990

Americans with Disabilities Act signed into law by former President Bush

***Author's Note: “Lex says to look for barriers and find ways you can contribute to the removal of those barriers. What barriers can you help remove? Think about it.”**

Obstacles

Lex has been almost completely paralyzed since he was 18 years old when he suffered a broken neck in an automobile accident. He is unable to perform simple tasks such as lifting a coke to his mouth; tasks most of us take for granted. At the time of the accident, he had graduated valedictorian of his high school class and was attending Oklahoma State University. After an extended stay in the hospital and hours upon hours of physical therapy, Lex applied to Oral Roberts University because the school was wheelchair accessible and he was confined to a wheel chair. He was denied admission because of his handicap. Later, he was admitted to Tulsa University where special arrangements were made to accommodate his disability. Now, 31 years later, Lex is still confined to a wheelchair, and a metal brace called an orthosis enables him to hold a fork to eat and a pen to write.

Mentors

Dr. Irene Horton was a mentor to Lex. She told him that he could learn a little about a lot of things or a lot about a few things. She advised him to pick something that he would like to know more about than anyone else. We thank him for his choice.

Message

"We have accomplished a great deal in the last millennium and have a greater base of knowledge, but there is still much to be done. The leaders of the next millennium will need more tools to cope with the new challenges. Education is a must."



Background and History

Lex Frieden grew up in a rural area in northwestern Oklahoma near Alba. Alba is a rather homogeneous community and the home of a small teacher's college. Lex has fond memories of performing in *South Pacific* and taking piano and trumpet lessons at the college. "It was not a typical rural community in that we had more stimulation than in most rural areas. We had good teachers and many opportunities to participate in activities outside the school." Lex was very active in Boy Scouts and other community activities. Everybody knew everybody else and they took care of each other.

Lex received a fellowship to attend the University of Houston to work on his Masters degree after he graduated from college. He received a research assistantship to work at the Baylor College of Medicine. His topic was Psychological Determinates of Independence. The results of his efforts in this area resulted in his going to Washington, D.C. to work on a civil rights act relating to people with disabilities.

As executive director of the National Council on Disability from 1984-1988, he produced a legislative proposal that is the foundation for the Americans with Disabilities Act. The first public hearing outside of Washington on legislation was held in Houston at the time that Bob Lanier was Chairman of the Metropolitan Transit Authority. After meeting with Lex, Bob realized the need for the proposed legislation. At one point in time, Bob was the only major city transit authority official who supported the legislation, and yet he was so influential that he succeeded in convincing his colleagues that they should support it. When George Bush became President of the United States, one of the first things he did was sign the American Disabilities Act into law in 1990. Lex had literally freed people with disabilities from discrimination. Today, when you see Reserved for Handicapped signs, access ramps, or other adaptive equipment, thank Lex Frieden, Bob Lanier and former President George Bush.

Bite put into

Houston Chronicle

Sunday, Sept. 18, 1988

Fair Housing Act

'Adults only' apartments barred

By **LORI RODRIGUEZ**
Houston Chronicle

On a serene stretch of Bellerive Drive in the heart of southwest Houston, Chestnut Hill Apartments beckons prospective tenants with waving flags, lush landscaping and a huge sign saying, "We love our residents."

Love here means pristine pools, exercise facilities, recreation rooms, peaceful gazebos and soothing spas. It means neat lawn chairs where tenants read, chat and sun, strong fences that need a key to open and tranquillity broken only by the insistent chirping of cicadas.

Love here does not mean swings, sandboxes and playgrounds. Love here does not mean children. But it may eventually have to.

In the first major expansion of civil rights laws in two decades, President Reagan Tuesday signed legislation putting enforcement teeth in the Fair Housing Act passed after the 1968 assassination of Martin Luther King and extending its protections to families with children and the handicapped.

The law requires all new apartment complexes to be accessible to the handicapped. And it outlaws the "adults only" housing so prevalent in American rental stock. Only developments for the elderly are exempted.

"It's not that I have anything against children," says Janna Kleinecke, 26, a University of Houston student who moved into Chestnut Hill because of the "adults only" ambience. "My sister has four of them and I really love them to death."

"But to me, apartments with-

'Apartments with children means Big Wheels rolling down the sidewalks, loud noises and a lot of commotion.'

Janna Kleinecke

children means Big Wheels rolling down the sidewalks, loud noises and a lot of commotion. And it means the place gets torn up more, not because children are bad but just because they are children."

When Kleinecke needs to study, she sometimes sits under one of the umbrellas around the pool in undisturbed quiet. When she wants to relax, she wanders down to the pool with the many other residents also young, single and upwardly mobile.

"Chestnut Hill doesn't have anything to offer children," says Kleinecke. "It doesn't have playgrounds, swings or places nearby with other children that they can play with. But that's because apartments target a market. Some cater to adults and some cater to children."

"It's not that it can't work together. It's just that it can't work as well."

Only rare cooperation between the Leadership Conference on Civil Rights, the American Association of Retired Persons, the Children's Defense Fund and the Na-

'Most of the disabled are either unemployed or underemployed and must move into public, low-income or inadequate housing.'

Lex Frieden

tional Associations of Realtors and of Homebuilders enabled the legislation to pass. Similar efforts in 1980 failed after a nine-day filibuster led by Southern conservatives.

But even eight years later, support was far from unanimous.

The National Apartment Association led the opposition, rushing in to defend complexes catering exclusively to adults.

"It's a drastic measure," says Steve Ira, the Denver-based president of the association, who warns that modifying existing complexes for children and building new complexes for the handicapped will hike rents for everyone.

But it was also a necessary measure, says Ralph Neas of the Leadership Conference.

Nationwide surveys have shown that 25 percent of all rental units forbid families with children, 50 percent have restrictions against children and, in some urban areas, as much as 75 percent of the housing is for adults only.

Houston may be one of those areas. Although some industry officials say that less than 50 percent of area apartments forbid families with children, the Houston Apartment Association says the figure is closer to 70 percent.

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"Now they will all have to be made available to families," says Jack Dinerstein, president of the association, which represents 1,400 owners of 375,000 of the 450,000 apartments in Harris County.

"I presume there will be some leeway for local communities to set restrictions on how many people can live in one- and two-bedroom apartments, but we don't know that for sure yet," said Dinerstein, who operates the 460-unit Chestnut Hill. "We don't know if I will be able to say to you that, if you have five kids, I don't have to rent you a one-bedroom apartment."

While the amendments became law when the president signed them, the Department of Housing and Urban Development has 180 days to figure out how to implement them. But that six-month grace period does not excuse violations of the law in the meantime.

Even before the Tuesday signing, discrimination complaints from families with children

started trickling into the Houston HUD office. And once HUD establishes an enforcement mechanism, complaints are expected to climb sharply, to about 1,500 annual complaints locally and, says HUD Secretary Samuel R. Pierce Jr., 30,000 to 40,000 annual complaints nationally.

"Right now we're telling people that the law is not in effect until HUD gears up," says HUD discrimination specialist Sue Tarver.

"But we also tell them that if they have a complaint or anticipate one, if they are denied occupancy and think they are protected by the new law, they should go ahead, document their case, write it up and send it in to us."

"We want to make sure we don't lose any of these people during the 180 days."

The City of Houston affirmative action division, which last year received only 20 discrimination complaints, also plans to crank up operations during the next six months for the expected increase.

"And our city ordinance will have to be amended," says Dr. Lee Elliott Brown, director of the division. "We were already considering amendments to include the handicapped and now we also have to include families with children."

Advocates for both groups are already jubilant.

"Sixteen states had outlawed this kind of discrimination against families," says Lisa Mihaly, spokeswoman for the Children's Defense Fund. "But virtually all of the state laws were weaker than this federal law and many had



E. Joe Deering / Chronicle

Lex Frieden, who helped hammer out a law requiring apartments to accommodate the handicapped, says it is the first time the handicapped have been considered a protected class.

significant loopholes."

Mihaly understands the gut feeling of people that their property is their own to use as they like.

"But the whole history of American civil rights is that when you see a group that is being discriminated against it makes sense to protect them," Mihaly says. "We don't say to landlords 'You have a right not to rent to blacks,' and we shouldn't say to them 'You have a right not to rent to families with children and the handicapped.'"

Nothing prevents a landlord from barring or evicting a family for other reasons, like a bad credit record or poor rental history, if the landlord treats other adults the same way.

"Landlords have every right to choose their tenants but not because of the feeling that children are, by definition, unruly and obnoxious," says Mihaly. "Certainly, all of us have lived next to adults who make a

lot more noise than kids. Kids have just gotten a bad rap."

So have the handicapped, says Lex Frieden, a quadriplegic who helped hammer out the accessibility part of the law, as head of the National Council of the Handicapped.

"I'm fortunate to have a good education and a good job and am able to move wherever I like because I can probably afford it," says Frieden, now head of The Institute for Rehabilitation and Research here.

"But I'm an exception, not the rule. Most of the disabled are either unemployed or underemployed and must move into public, low-income or inadequate housing."

Even the Housing Authority of the City of Houston, one of the main housing opportunities for the handicapped, can accommodate only a few of them in its bulging developments.

While 610 of the 4,268 local public housing units are earmarked and outfitted for the similar needs of the elderly and handicapped, the vast bulk are used by the elderly. Only about 50 units at each of the three high-rises for the elderly are used by the handicapped, and a few more are scattered among the 12 family projects and in Section 8 subsidized housing.

Not only is affordable housing for low-income people at a premium, but handicapped advocates say landlords are reluctant to rent to them whether they have special needs or not.

"Many are discriminated against just because they have a disability," says Frieden.

But outlawing discrimination against the handicapped is proving much more palatable than outlawing housing for adults only, which threatens a lifestyle near and dear to many Houstonians.

The main reason is that the handicapped portion of the new law is not retroactive and, especially in economically sagging sections of the country like Houston, precious little building is now taking place, rental or otherwise.

Under the law, all first-story apartments in new complexes must be accessible to the handicapped, and in new complexes with elevators, all apartments must be accessible.

Accessible means doorways wide enough to accommodate wheelchairs, light switches and thermostat controls low enough for people in wheelchairs, reinforced bathroom walls to support heavy-duty grab bars, and special kitchens that can be modified for those in wheelchairs.

Industry officials estimate these requirements will raise the cost of complexes by \$300 to \$500 per unit, which will probably be passed down to tenants as higher rents.

"But people are blowing this all out of proportion," says Vicki Sorrells Harris, executive director of the Houston Center for Independent Living. "The fact is that most disabled people do not require major changes in their environment."

It is possible that in this over-built boom town gone bust the new law might not have an immediate major impact.

"But the economy is rebounding, people are moving back into town, and we're rapidly getting to the point where finding a nice apartment in a good location will become a problem," Dinerstein said.

"I'd say that problem is no more than 90 days away, especially since most of the really nice apartments are already at least 90 percent occupied."

Whether changes come sooner or later, the teeth in the new law ensure they will happen.

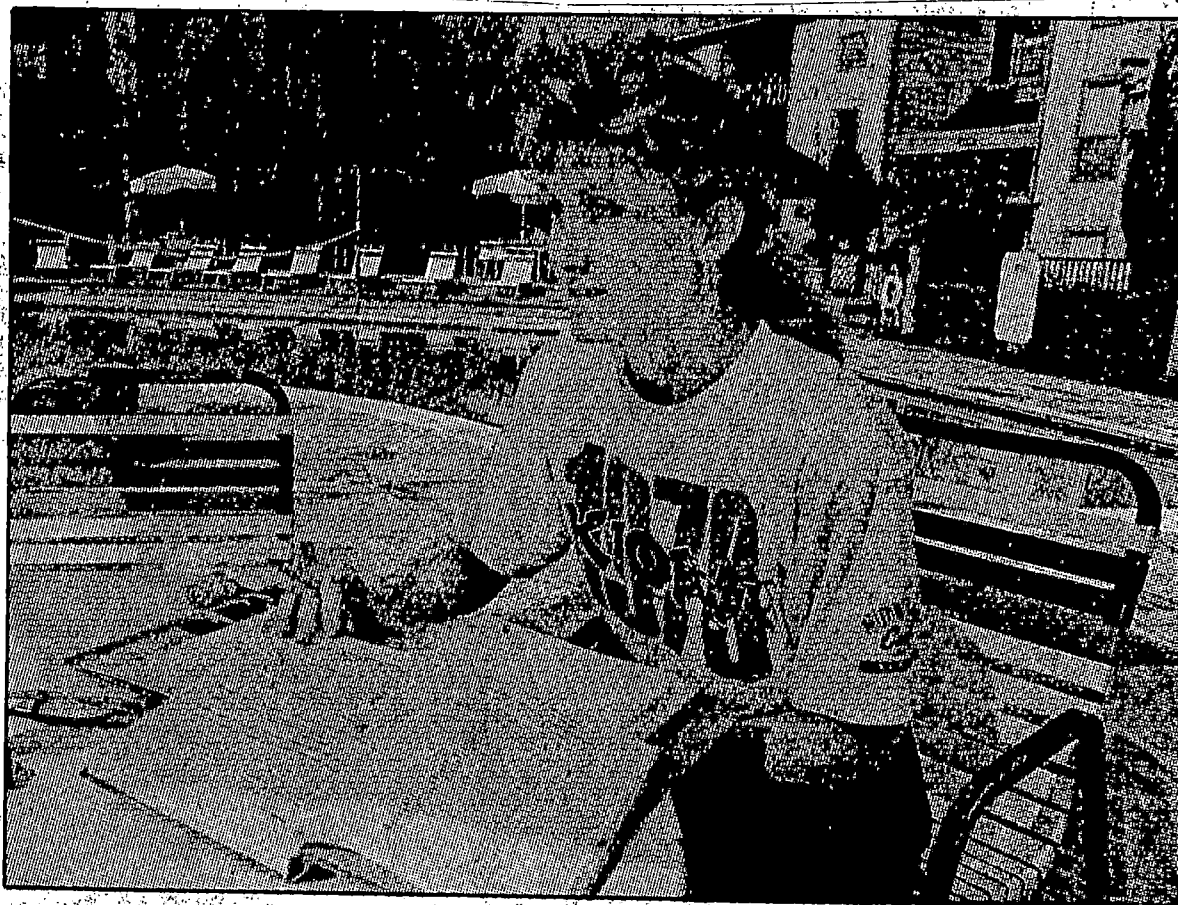
For the first time, HUD is empowered to initiate enforcement actions and seek penalties against those who discriminate against protected groups in the sale, rental or financing of housing. Civil penalties of as much as \$10,000 are authorized for a first offense, \$25,000 for a second and as much as \$50,000 for a third.

Where HUD discovers a pattern of housing discrimination, penalties of as much as \$50,000 are authorized for a first offense and \$100,000 for subsequent offenses.

"The fact is that most disabled people do not require major, major changes in their environment."

Vicki Sorrells Harris,
executive director,

Houston Center for Independent Living.



Although University of Houston student Janna Kleinecke is one of many who prefer living in apartments that bar families with children, a new law threatens that popular lifestyle.

copies for
Lex



Le Bouclier: «un modèle extraordinaire» pour les USA, dit un conseiller de Reagan

Après la récente visite d'une délégation néerlandaise en septembre dernier, le centre de réadaptation Le Bouclier recevait récemment M. Lex Frieden, (notre photo, à droite) directeur général du National Council on the Handicapped, organisme relevant du président américain Ronald Reagan. Rencontrant Maryke Muller, directrice générale du Bouclier, M. Frieden a obtenu divers renseignements relatifs à la distribution de services effectués dans la région. Rencontrant également Michel Léger, directeur général du CRSSS-LL (à gauche), l'observateur américain en est arrivé à la conclusion que Le Bouclier était «un modèle extraordinaire». «Nous allons certainement l'étudier afin d'évaluer la possibilité de l'implanter aux États-Unis», a dit M. Frieden.

Le corps de Daniel Richard repêché samedi

La Protection civile de Rawdon a repêché, samedi, le corps de Daniel Richard, mort noyé au pied des Chutes Dorwin à Rawdon, le 23

juin.

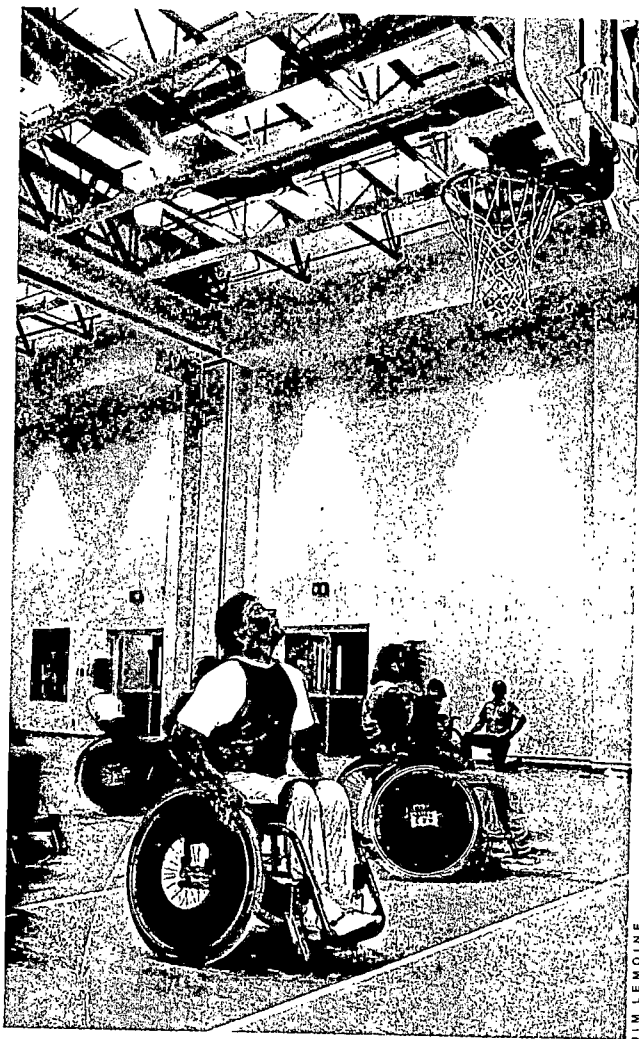
Les recherches n'avaient pas été interrompues depuis la disparition du jeune résident de Pointe-aux-

Trembles.

On a retrouvé le noyé à un kilomètre des chutes, dans les rapides de la rivière Ouareau.

Journal le 2 juillet 86.

CITY Insight



Basketball players and other patrons come from all over the city.

READY AND ABLE

If you want to feel a lot better about Houston, walk into the Metropolitan Multi-Service Center at 1475 West Gray and look around. Dedicated to the disabled, the facility houses a concentration of resources on one site unlike anything provided by any other city in this part of North America.

You will think you are in Scandinavia, so pervasive is the atmosphere of social conscience. These are your tax dollars at work, quietly, effectively. When this unique facility opened in September 1988, it got some bad press because the building was empty — the furniture and equipment hadn't arrived, and the media

had a field day. What's happened since then is enough to make you realize that Houston, for all its economic and racial problems, still has a heart.

The story begins a dozen years ago at the Texas Medical Center. One of the

smallest but most extraordinary institutions there is known among the handicapped simply as "TIRR" (pronounced "teer"). The Institute for Rehabilitation and Research. Behind the work of TIRR is a foundation headed by Lex Friedan. In the mid-1970s, Friedan got the idea that Houston needed a center for social services and recreation for the disabled, a place where the handicapped could begin to re-enter the everyday world following often extensive medical treatment. With the assistance of George Greanias (who was then a City Council member), Friedan lined up support from area civic groups and from other council members. By 1986 a community block grant of \$5.9 million was in place, design work was completed and construction began on the 34,000-square-foot community center which is now

the pride and joy of Director Bill Wanless. "We are actually one of six city service centers," Wanless points out. "But we are unique. The other centers are very much geared to serve their neighborhoods. This is the only center which serves a city-wide population."

A stroll through the office wing of the building reveals no fewer than a dozen organizations leasing space here, including The Council for the Blind, TIRR Sports, Texas Rehabilitation Commission and the People with AIDS Coalition. "Our goal is to become a one-stop center for all disabled persons in Houston — not just for city and state support but for recreational and social needs. In spite of many improvements in laws against discrimination and for improving access, the disabled still face great difficulty in just coping on a

day-to-day basis," Wanless adds.

Less than a year after opening, the center was serving an average of 2,000 disabled persons a month, and the numbers are rising as the word spreads. Activities in a recent week included an exercise class for the retarded, an American Association of Retired Persons meeting, several weight-training sessions (the center has a weight room equipped with special Nautilus equipment which is fully wheelchair-accessible — the only such room in this part of the country), a wheelchair rugby game, a sign-language class, wheelchair tennis, and a practice session by the Cavalry basketball team (one of only three wheelchair teams in greater Houston).

The West Gray center is, for Wanless and Houston's disabled, a dream come true. The program is amazingly diverse. There is a wheelchair-accessible garden in the back, where the planting beds are elevated. There is a library, presently being assembled and installed, which will serve as a reference and resource center for all types of disability. There is Phase 2 of the center, to be constructed in the early '90s, which will include an indoor Olympic-size pool plus a meeting room with space for 100 wheelchairs.

"The many organizations here are kept going by volunteers," says Wanless, "so we need all the volunteer help we can get. [Telephone, 529-4711; teletypewriter, 529-4930.] But there is one specific lack which is not being met anywhere. There is a desperate need in Houston for a day-care facility for disabled children. The parents of disabled children daily face tremendous challenges. The quality of life of both parents and children could be improved tremendously through a professionally staffed daycare facility." Wanless continues, "Of course we are talking big bucks. But the need is here, and we can only hope somewhere, someone in the city will respond."

The center's budget from the city is already stretched thin. Like all multi-service centers, this one is also income-generating. Its public spaces can be rented by both the disabled and the non-disabled. The gymnasium, which seats up to 1,000, is available for a sliding-scale fee. Officially open from 8 a.m. to 5 p.m. on weekdays, the center in reality is open an average of 12 to 16 hours a day, seven days a week. "We're here so much that at times it seems like we live here," Wanless says with a smile. "My dog bites me when I go home." —Douglas Milburn

Handicapped Metro Riders Left Stranded

L'Enfant Elevator Had Broken Down

By Karlyn Barker
Washington Post Staff Writer

Two wheelchair-bound federal workers were stranded in the cavernous L'Enfant Plaza Metro station for 2½ hours yesterday because the only elevator exit to the street had broken down and gone unrepaired since Wednesday afternoon.

While most of the would-be elevator riders quickly switched to the station's escalators, other handicapped passengers and those leery about the station's steep escalator reboarded the train and got off at another station, intending to walk or take a cab to their destination.

The elevator, which transports Metro riders from the station's mezzanine to the Seventh Street and Maryland Avenue SW exit, broke down at 4 p.m. Wednesday and wasn't repaired until 11 a.m. yesterday, according to Metro officials.

"Why they didn't fix this elevator last night, I do not know," said Lex Frieden, 36, who is director of the National Council on the Handicapped and not one to take being stranded in a subway station lightly.

Frieden and Ken Ogden, who works in the Federal Aviation Administration's public inquiries office, arrived at the elevator separately about 8:30 a.m., traveling from Alexandria's King Street and Montgomery County's Twinbrook stations, respectively.

Told a repair crew had been called at 7 a.m. and was on its way, the two men sat in their wheelchairs and watched as other riders took the escalator to the street.

Frieden, an advocate of public transit who has been confined to a wheelchair since a 1968 automobile accident, said one man on crutches and two cerebral palsy sufferers shunned the station's escalator, de-



BY HARRY NALTCHAYAN—THE WASHINGTON POST

Lex Frieden waited for 2½ hours for Metro station elevator to be repaired.

ciding instead to ride back to another station and exit there. He and Ogden concluded that such backtracking through the multilevel subway system would be too difficult.

Metro employees at the station declined to discuss the elevator problem. Fady Bassily, Metro's assistant general manager for rail service, said the subway system has a contract with the General Elevator Co. for emergency repair services and had called the firm Wednesday, with no response.

Don Rittler, District manager for the elevator firm, said his company did not learn of the L'Enfant Plaza elevator problem until yesterday morning "and we were not told handicapped people were involved."

Bassily said a lot of wheelchair riders use Metro escalators to exit the stations, "though we don't recommend it." In any case, he said,

station attendants offered to take the two men to another station and then transport them to their offices. They refused, he said.

Frieden, who uses a heavy, motorized wheelchair, said no one made such an offer to him.

"I couldn't find anyone who would take charge. The station master suggested I take another car to another stop," Frieden said. "Metro has a brochure that says they'll carry the wheelchair up the escalator if the elevator doesn't work, but mine is too heavy."

Ogden, 41, a polio victim who has a wheelchair without a motor, said one Metro official did offer to help him ride up the escalator. But having changed subway lines and used three Metro elevators en route to the L'Enfant Plaza station, "I wasn't about to ride an escalator, not that one at least."

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Handicapped Couple Fights For Individual Rights

By BRENDA JAMES

"My life is not much different than if I weren't handicapped. You don't stop living. I do my own shopping and I drive. The quality of my life is the same," says Joyce Frieden who has been confined to a wheelchair since an illness left her partially paralyzed in 1972.

In years past, it has been generally assumed America's 35 million handicapped or severely disabled persons cannot live normal lives as happy, healthy, active participants in society due to the restrictions imposed by their handicaps.

Joyce says one of the biggest

misconceptions of the public toward handicapped persons is "they think they (society) have to 'take care of the handicapped.'"

"We are a natural part of society; we are not different; we want to live our own lives," insists her husband, Lex, who is also confined to a wheelchair as a result of a 1967 automobile accident.

Joyce, who grew up in Deer Park and still owns property here, is a 1968 graduate of Deer Park High School, moving away from her hometown after her marriage to Lex.

Joyce and Lex are actively involved in organizations aimed at changing the attitudes of both the public and the handicapped population themselves.

By their own lifestyle, they are demonstrating disabled people can live independent lives "away from institutions, from restrictive statutes and rules, and from pejorative attitudes."

During the past five years, Lex has been employed by The Institute for Rehabilitation and Research, an affiliation of Baylor College of Medicine. Currently, Lex serves as director, independent living research utilization project, responsible for researching the needs of the handicapped and devising programs to meet the needs of many institutionalized persons living in society.

Recently developed is a program called "Independent living programs"

which offers services or information about services relevant to independent living. Lex describes the program as "a new concept in rehabilitation designed to train severely disabled people to become self-reliant, to make decisions for themselves and to become active in their communities." Such programs, he says are encouraging and helping more and more disabled persons to realize their lives have not ended because of their handicaps. They can learn to live and function on their own, independent of institutions.

A volunteer for the Coalition for Barrier Free Living, an agency of the United Way, Joyce, daughter of Mr.

See "Friedans" Page 2A

Friedans Search For Special Answers In Sweden --

Continued from Page 1
and Mrs. Lee Cassel of Ivy St., says one of the problems encountered in helping handicapped persons achieve greater independence and a positive feeling of self-worth is "society does not provide an environment that is accessible."

Lex agreed, saying, "people say they understand the problems of the handicapped, but then they won't build ramps."

To remedy such problems, the Coalition studies existing funds and determines how and where money should be spent in trying to make the City of Houston more accessible to persons with mobility problems. For example, Joyce said, "If we can't get into movies, the Coalition pushes for the construction of ramps outside the theaters." Although the federal government, at this time, requires city and state governments to provide certain services to the handicapped, such as guaranteed access to public buildings, Joyce and Lex fear that the Reagan administration will pose a threat to the movement toward independent living by many handicapped persons.

"If President Reagan abolishes the state and local regulations in addition to limiting federal funds available, the cities won't take the initiative to furnish aids and services for the handicapped," Lex warns. As a result, the handicapped will be forced to return to the nursing homes from which they are trying to escape. "Whether or not Reagan or the taxpayer realizes it, placing the handicapped in nursing homes, on Social Security and welfare will cost more than the programs now in effect," Joyce adds.

Last summer, Joyce and Lex traveled to Stockholm, Sweden to participate in the International Exchange of Experts sponsored by the World Rehabilitation Fund. The purpose of the trip was to gather and exchange information concerning the type of programs established in Sweden to aid the handicapped and to learn how the handicapped live in Sweden in comparison to the United States.

One of the astonishing discoveries of their study was it cost more to live as a handicapped person in the U.S. than it does in Sweden.

"In the U.S.," Joyce says, "it is more expensive for me to live as a disabled person, because I must purchase a bigger car, wheelchairs and hand controls for my chairs."

Lars Augustsson, director, technical aids, National Institutes for the Han-

dicap (Stockholm, Sweden), said, "In Sweden, if a person is classified as handicapped, the person is eligible for services and aids (hand controls, walking canes, etc.), in addition to any cost incurred as a consequence of their disability, provided free of charge by the government as a right of being a citizen."

"Since Sweden is a welfare state, the government is more concerned with society's quality of life for all its citizens. Although Sweden is located near Russia, building missiles is not a priority," Lars said.

In contrast, Lex says, "In the United States, eligibility for governmental assistance depends on the circumstances of the handicap, such as, the state where the person became handicapped, whether or not the person is able to work and the nature of his or her disability."

But, Joyce asserts, since our government does not pay a designated salary to handicapped persons, handicapped in this country have the advantage of learning to work for themselves and becoming less dependent on the government and more dependent on their own abilities.

The Friedans also discovered cities are especially accessible to handicapped persons in Sweden. They particularly praised the public transportation system.

"In the subways," Joyce recalls, "the elevators are built in the rocks alongside the staircase. This way they didn't have to make a separate opening for the elevator." She adds, "In the U.S., we do things the hard way. We would make a separate opening, ask how much it will cost and then see it as a bother."

Lex explains that in Sweden, with a population of approximately eight million people, an estimated \$25 million is appropriated for research, rehabilitation and projects designed to help the handicapped. According to Lars, a majority of the money came from the Industrial and Social Departments of the Swedish government. A portion of the money is received from lotteries and bingos sponsored by the organizations established for the disabled.

In comparison, the United States, with a population of over 200 million, spends approximately \$36 million, not including contributions from private institutions.

Based on their study, Joyce and Lex conclude the Swedish public is more

progressive than we are in seeing the problems encountered by the handicapped and working to meet those needs.

But in the area of integration, they noted that the U.S. is more progressive in integrating able children and disabled children in the public school system. "For example, some elementary schools are integrating non-deaf and deaf children. Therefore, the children learn to understand and communicate with each other at an early age," Joyce says.

"If children are integrated at an early age, they become more aware, therefore, they won't need to stare because they'll know about handicapped people."

It is believed that as children learn that handicapped people are a lot like themselves, handicapped persons will no longer be considered "weird" or labelled as social outcasts. They will ultimately become a natural part of society.

The key to changing public attitudes toward the handicap and encouraging the public to see handicapped persons as individuals capable of doing for themselves, Lex says, "is access to the media, because they have the ability to shape public opinion." Programming such as the annual telethons, he says, "should focus on what handicapped can do instead of what they can't."

Many times the public fails to realize how demeaning telethons can be to handicapped persons, the Friedans say.

"The primary goal in acquainting the public to the needs of the handicapped," she concludes, "should be to stress their ability, rather than their disability."

Weicker Cites Program Cuts**Nancy Reagan's Party for Disabled Called Hypocrisy**

By BETTY CUNIBERTI, Times Staff Writer

WASHINGTON—Sen. Lowell P. Weicker Jr. (R-Conn.) on Friday leveled an unusual attack at First Lady Nancy Reagan, declaring that "hypocrisy is not a strong enough word" to describe a White House party Mrs. Reagan gave for handicapped children, given the Administration's repeated efforts to cut education funds for the disabled.

At a Senate subcommittee hearing, Weicker lashed out also at President Reagan's attempts to slash the \$1.4-billion budget for programs created by the law that guarantees the handicapped a free education. These programs serve an estimated 4.3 million students nationwide.

"Instead of advocating genuine opportunity for the disabled, this Administration pushes nothing but photo opportunities," Weicker charged. "Despite glamorous displays of partnership with handicapped children, this Administration's true partnership is with the past, when the disabled were locked in institutions and out of the nation's schools and workplaces."

Moreover, he called Mrs. Reagan's White House party, which took place later on Friday, "nothing but hypocrisy."

After the hearing, Weicker, who was invited to the party but refused to attend, sought to broaden the focus of his remarks to include the

Administration as a whole. "This is the President's party, the President's budget, the President's hypocrisy," he said.

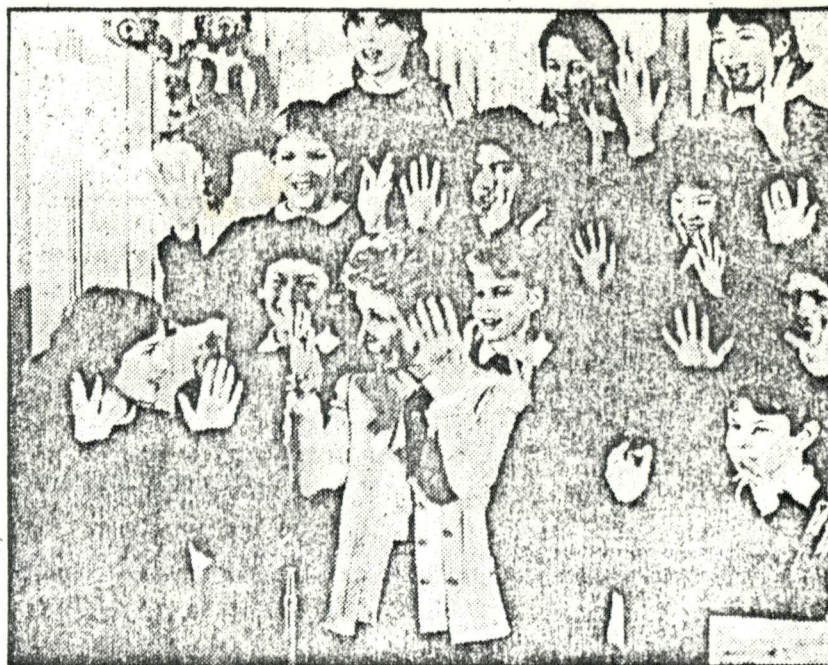
In his budget for fiscal 1987, Reagan has requested \$1.3 billion for the programs for the handicapped, a smaller cut than the 28% rollback he sought in fiscal 1982. Reagan has requested cuts in each intervening year as well, but Congress has always countered by voting to increase the funds.

Hours after Weicker made his comments, the First Lady celebrated the 10th anniversary of the Education for All Handicapped Children Act with about 200 parents of disabled children, along with 24 handicapped students and several Administration officials.

Nancy Reagan Silent

In addition to Mrs. Reagan, Education Secretary William J. Bennett spoke at the party. He lauded the 10-year-old education law and the First Lady's efforts to fight drug abuse. The President did not attend.

After the hearing, a reporter read the part of Weicker's statement referring to the party to Mrs. Reagan's press secretary, Elaine Crispin. More than two hours later, Crispin said that Mrs. Reagan had no comment to make on the matter because "she is not aware of the statements."



BERNIE BOSTON / Los Angeles Times

First Lady Nancy Reagan uses sign language Friday to sing a song with a group of handicapped students at White House party.

Crispin added: "He (Weicker) needs to direct his comments somewhere else, not at Mrs. Reagan for acknowledging the accomplishments of young people with handicaps. I can't call her a hypocrite for doing that."

Martha Ziegler and Mildred Hill, mothers of handicapped children, attended both the hearing of Weicker's Senate Labor and Human Resources subcommittee on the handicapped and the White House affair. They agreed that there was a certain "irony" about the party.

"I'm not sure I'd use the same terminology (as Weicker), but there is a lot of irony in the party," said Ziegler, whose 22-year-old daughter is autistic. "On the other

hand, we as parents welcome the opportunity to talk to these people and tell them our point of view. We never give up trying to help them understand."

But she added: "We deplore his (Reagan's) budget requests."

Hill, whose 18-year-old daughter is mentally impaired, concurred and added: "When we're told there will be budget cuts, they start on programs for the handicapped."

Witnesses at the hearing cited the results of a Harris Poll, which showed that, although life has improved for the disabled in the last 10 years, they are still poorer, less educated and have a higher unemployment rate than any other minority group in the country.

Lex Frieden: Spokesman for the Handicapped

By MALVINA STEPHENSON

WASHINGTON — Lex Frieden sets an example for the policies he advocates.

He runs an independent federal agency. He commutes daily to his downtown office by bus and subway, and he flew to California this week on official business.

This activity would not be considered so challenging, except that this native Oklahoman is a quadriplegic. He bucks traffic in a wheel chair and maneuvers a prosthetic device on his right forearm.

Frieden, 36, is executive director of the National Council on the Handicapped, a job he took on this year. His continuing goal is to

promote "independent living" for the disabled, to help them be as active as possible.

Frieden cites the Tulsa Independent Living Center as a model that should be in every community. With such information, counseling and supplemental services, he said, "Many more disabled people could be productive."

Frieden, an Alva high school valedictorian, was a freshman at Oklahoma State University in 1967 when an auto accident left his arms and legs paralyzed. Since that time, he graduated from the University of Tulsa, was named by the Jaycees as one of the 10 outstanding young men, and has taken national leadership in the growing effort to improve the quality of life for the handi-

capped.

Frieden has good reason to believe strongly in the use of auto seat belts. He says, if he had been wearing one at the time of the accident, he probably would not have been injured so seriously.

As always, Frieden is making the most of his opportunities. In his new position, he can influence the national direction of policy and public opinion on the role of the disabled. The basic responsibility of the council is to advise the president and Congress.

"I hope to use the few resources and many opportunities available to me to make constructive recommendations that will result in the disabled making decisions affecting their own lives," Frieden said in an office interview. "Too

often, we assume we have to take care of them.

"With rehabilitation services, training, education and accommodations in the environment, people with disabilities can make their own decisions. If we build a ramp instead of a wall around an institution, they can come in (to town) to shop and work. When they become productive, we are in the long run saving money."

When he speaks of "access," Frieden is referring to public transportation, sidewalks, buildings, and housing. Ramps, sloping curbs, elevators and bus lifts, and wider doors are needed to accommodate wheel chairs.

Another priority Frieden cites is home service for the handicapped. "A disabled person often can live at home alone instead of in an institution, if an attendant can come in at certain periods of the day," he points out.

The problems of the disabled are much more far-reaching than many people realize, according to Frieden. "The current population numbers 36 million. Barrier-free designs, as he reminds, benefit not only those whose mobility is severely impaired, but people with heart conditions, arthritis, poor vision, and other ailments."

"There is not adequate compliance with the state and federal laws now on the books," Frieden declared. "If we don't provide appropriate conditions for the handicapped today, it will cost much more tomorrow, and the disabled will be less likely to become productive, independent citizens."

Frieden appreciated the barrier-free design at Oliphant Hall which he said made it possible for him to attend The University of Tulsa. In 1968, Congress passed a law that required access for wheel chairs in federal buildings when they were remodeled.

Much more comprehensive legislation came in 1973: any agency or organization receiving federal funds must accommodate the disabled. As Frieden points out, if this



Lex Frieden

federal law were fully respected, access for wheel chairs would be almost universal.

Now, Frieden and his council have a chance to fill in the gaps. By next February, they have been called on by Congress to produce a comprehensive study and recommendations "by which we can facilitate community-based living and eliminate disincentives to independence for those with both physical and mental disabilities."

Frieden calls this a great opportunity. "We are the only agency," he says, "that has the cross-cutting authority to study programs run by other agencies. Many of the problems for the disabled stem from the fact that we have a patch-work of programs and no central clearing house for information."

One current frustration for Frieden is the unavailability of data on the disabled from the 1980 census. Answers to two basic questions about employment capabilities and public transportation have been left in the computers, he said.

The over-all "Civil Rights Restoration Act," pending in the Senate and House, would cover the disabled, as well as minorities and women. Most of the disabled to whom Frieden has talked are optimistic that this will turn out to be their "final bill of rights," but he is "reserving judgment" on the ultimate impact, if passed.

Frieden says some communities have made "extraordinary effort" to accommodate the disabled. For example, Alexandria, Va., where he lives, has a mini-bus with a platform which provides him door-to-door service to the local subway station. Otherwise, he says he could take the regular bus which also has a lift and runs four blocks from his home.

Youthful at 36, Frieden looks healthy, eats well, and keeps interested in what he does. He spends time outdoors with his wife Joyce, whom he married in 1977.

Joyce also is a paraplegic with a neurological disease, but is more "functionally independent" than he. She drives their car, keeps house and loves to garden. Her 14-year-old sister lives with them and provides some assistance when needed.

After the University of Tulsa, Frieden received a masters degree in social psychology from the University of Houston. At the time of his current appointment, he was a professor of rehabilitation at Baylor College of Medicine in Houston. He pioneered in the "independent living" movement for the severely disabled, has published several books and papers, and has lectured on the subject here and abroad.

Now, he hopes he can use all that training and experience at the national level to bring about "independent living" for those whose problems he so well understands.

Malvina Stephenson is a columnist for the Tulsa World who lives in Washington, D.C.

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JAN 14 1983

289 Quadriplegic becomes leader, helps others

HOUSTON (AP) — In 1967, Lex Frieden's life as an adult was just beginning.

There had been boyhood, of course, as active and upright as you would expect of a youngster growing up in the rural warmth of a tiny Oklahoma town. Boy Scouts and band, heading up the golf team, valedictorian of his class, then the natural move to bigger and better things.

If things, that is, had gone the way they should have. They didn't, though, not by a long shot.

There was the accident, that head-on collision that climaxed a casual evening with a group of fellow Oklahoma State students. Of the five people in the car, only Frieden came out of it critically injured. Or is "permanently" a better word?

Frieden's neck had been broken and, no, things never did go the way they should have.

"When I first got hurt, I thought a broken neck was something you got well from, after an operation, maybe, or some sort of treatment," Frieden, now 33, said in an interview in Houston.

"It took a while before I realized that I was now a quadriplegic, and even longer before the permanence of that really sunk in."

And when it did?

"Well, I started asking a bunch of questions and got a lot of advice in return, some of it good, and some of it not," he said.

"Most people seemed to have very narrow expectations for disabled people. I was told I should become a school teacher, for instance, because they don't have to travel much and I wouldn't be able to."

He laughed here, the slightly incredulous sound of a man who has since explored 32 states and eight countries. Frieden's life, while changed and shaped by that distant head-on collision, has nonetheless been full of triumphs, the latest one being picked by the U.S. Jaycees as one of their Ten Outstanding Young Men of America for 1983.

The distinction is well-earned.

After the accident, Frieden went on to become a leader in the field of securing independent living for other disabled people.

It was slow going at first, like when he tried to go back to school after a three-month stint at The Institute for Rehabilitation and Research (TIIR) here, and the university he'd applied to turned him down, basically for being disabled.

But he also applied to the University of Tulsa, which while candidly admitting it did not have all the necessary accommodations a wheelchair-bound student might need, agreed to do what it could to improve its facilities, he said.

"We worked together on it," Frieden said, "and, perhaps that was one of the reasons it turned out to be one

of the more accessible campuses for the handicapped in the early '70s."

He graduated there with a bachelor's degree in psychology and, because it wasn't easy to parlay that degree into a paying job in 1972, he accepted a graduate fellowship from the University of Houston's psychology department.

While there, he also took a part-time job at Baylor College of Medicine and, coincidentally, TIIR, where he'd convalesced, was where Baylor's own rehabilitation program was housed.

It was there that Frieden found his future, so to speak. First he became involved with the Cooperative Living Project, an independent housing program for severely disabled people; the program became a model for similar enterprises. Later he worked with the New Options Project, which set up a six-week training program for disabled people who were trying to learn how to live on their own.

"The whole idea was that persons disabled in some way could take care of themselves in the sense of explaining what they needed to someone who could help them," said Frieden.

Today, for instance, he owns a home in southwest Houston together with his paraplegic wife, Joyce, also active on behalf of the handicapped, and another friend who suffered a permanent brain injury in Vietnam.

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An historic day for the cause of democracy.
You will be remembered for this, but
few will ever understand
the magnitude of your contributions.

THE WHITE HOUSE

WASHINGTON

January 29, 1986



Dear Mrs. Parrino:

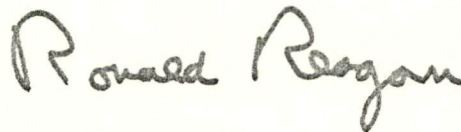
Thank you for Toward Independence, the special report of the National Council on the Handicapped.

I congratulate the members and staff of the Council on the completion of this report, and I commend the many individuals from all of the fifty states who donated their time, their talents, and their economic resources to produce this special testament to the spirit of independence. Their contributions demonstrate the vitality of our democratic process and the commitment of the American people to the principles of independence and opportunity for all.

I agree with the goals implicit in Toward Independence -- equal opportunity and full social participation for all Americans, and I am pleased to see that your report sets forth a comprehensive agenda for progress toward these goals. My Administration will study your report and cooperate with the Council, with the Congress, and with disabled Americans and their supporters to refine and develop these proposals.

The road toward full independence will not be easy. It will require the efforts of individuals, families, and communities as well as partnership between the private sector and all levels of government. You can be assured of my complete cooperation as we work together to make the American dream a reality for all our people.

Sincerely,



The Honorable Sandra S. Parrino
Chairperson
National Council on the Handicapped
123 Marlborough Road
Briarcliff Manor, New York 10510