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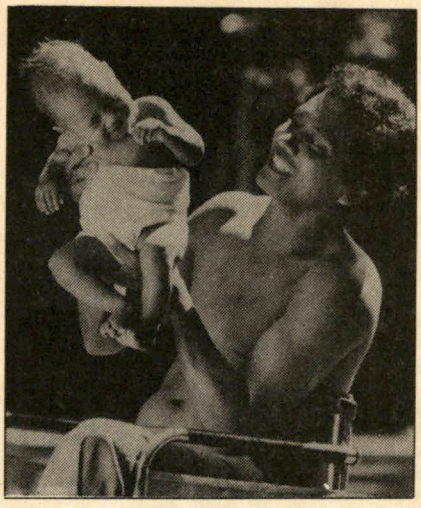

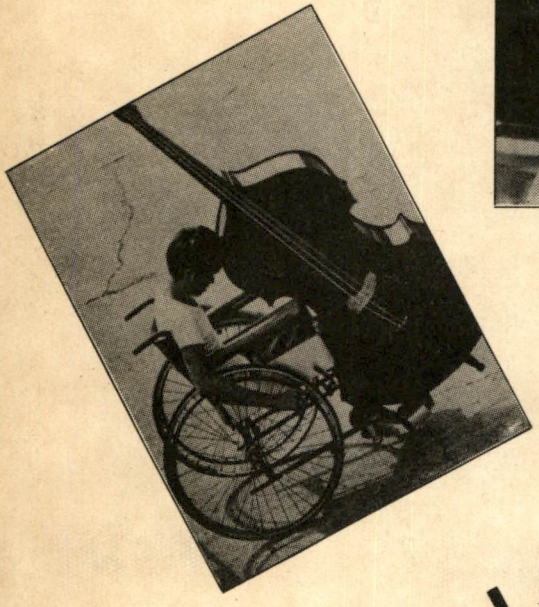

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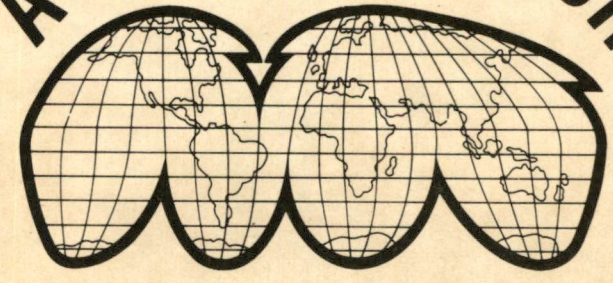

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As a legislative analyst for the Energy Commission. I track the progress of energy-related bills once they have been introduced in Congress or the State Legislature. I also work closely with the staff of legislators who are sponsoring a bill and with lobbyists who have interest in it.

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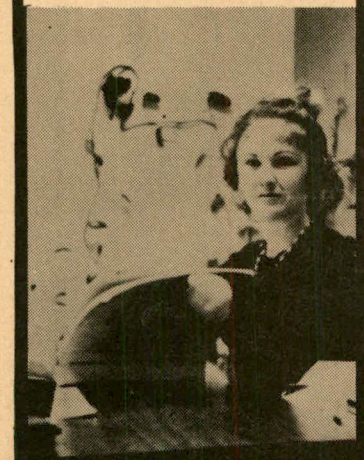
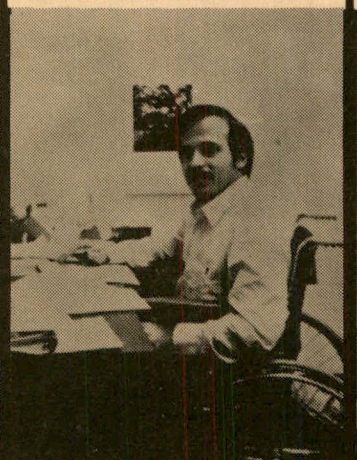
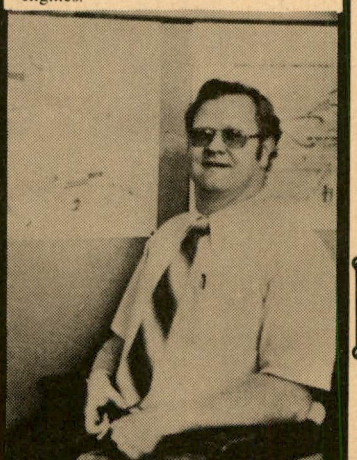
I have a B.S. in Mechanical Engineering and have been with the Energy Commission for over a year. Currently I work in the Synthetic Fuels Office as a technical consultant to investigate the feasibility, and demonstrate the use of coal and coal-derived fuels in internal combustion engines.







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MAGAZINE OF THE ABLE-DISABLED

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IYDP

A GLOBAL REACH

The International Year of Disabled Persons has been an effort by the United Nations to recognize that people who have disabilities have the right to be treated as whole persons. *MAINSTREAM®* reviews the IYDP, internationally, with this issue. Photos courtesy of UNICEF.

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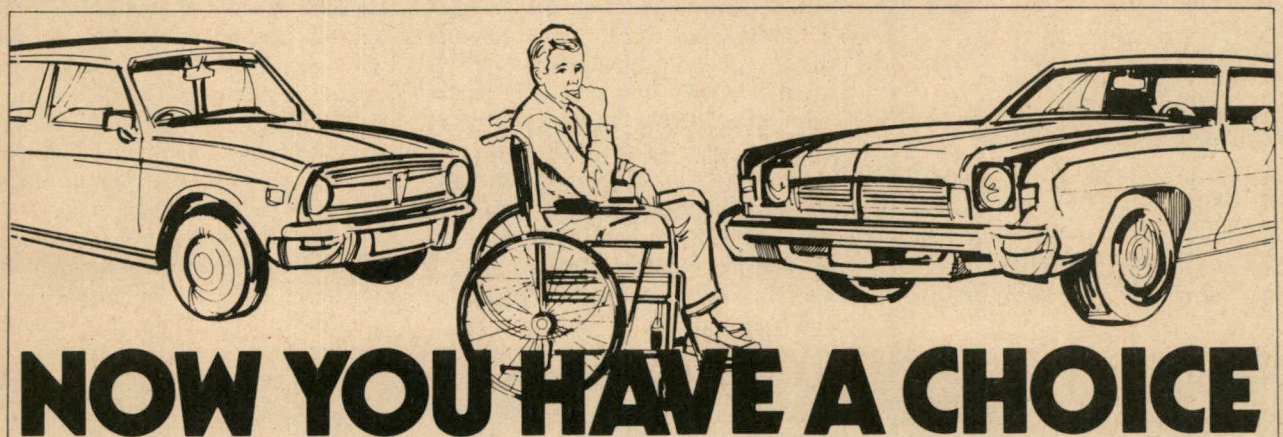

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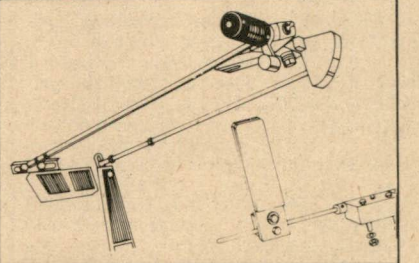

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editorial

SAY THANK YOU!

This editorial will be of a different perspective. I hope to move you to ponder; to see. I hope to remind you of reality. It marks the first time a *MAINSTREAM®* editorial has been written by an able-bodied person. As you all know by now, our managing editor, Gail Kliefoth passed away in late August.

What I would like to talk about is saying "thank you." A phrase, that from my perspective, is all too often forgotten by the disabled community at-large. It's an important phrase, which if not used over the long run, may stiffle the achievement of greater participation in society by all disabled people.

Think to yourself for a moment — when was the last time (or any time for that matter) you said thank you for an accommodation or an architectural modification? If your city has curb cuts or provides wheelchair lift buses or paratransit for you, do you write or call to say thank you? When you go to a party or gathering that is in an inaccessible location and some able-bodied people help you in by lifting you or turning you, do you say thank you to them?

You might answer, "Why should I say thank you for something that should or ought to be anyway; for something that is my inalienable right?"

Sure, to participate in society's activities, to enter buildings or traverse city streets and be able to use mass transit are all inalienable rights; things that should and ought to be. We all however, must recognize the shocking truth of the matter — *it is not that way*. The stark reality of things is that all shoulds and oughts do not exist. To paraphrase a statement former President Carter made in regard to the federal funding of abortions, which he opposed, "There are a lot of things in life that are not fair."

Nevertheless, they are a reality. Most buildings, streets, transit systems and programs are not currently accessible to disabled people. Most able-bodied people treat disabled individuals stereotypically or worse still, as non-persons. At times, they generalize in their dealings with, and in their definitions of disabilities. Examine the record. The plight of the disabled community has long been an afterthought in the American human rights struggle.

Why? Perhaps it's ignorance; maybe they don't care; maybe because federal regulations are being implemented, developing a natural aversion to the idea. For whatever reasons, the general attitudinal barriers are there. In addition, although education and awareness programs, free consultation services from departments of rehabilitation and concerned disabled people have helped educate the able-bodied society in recent years, the price tag of modifications is astronomical. For example, the U.S. Department of Transportation last year estimated that it would take $400 billion to make the nation's transportation systems accessible.

A thank you costs nothing. Yet it seems to be one of the most expensive commodities around. Whether disabled or not, *we all are too damn chintzy about saying "thank you."* Let me give you a few examples that have affected me. Last year, our office building made restroom accommodations on four of its eight floors. In spite of years of complaining, not one disabled person said thank you to the building management — other than me on behalf of the magazine. After years of lobbying the San Diego City Council, disabled people finally convinced the city to begin curb cuts and add wheelchair lift buses to their fleets. Again, only we at *MAINSTREAM®* said thanks. Worst of all, after adding seven wheelchair lift buses to their fleet, the city department of transportation told me that in a year's time, only an average of five wheelchair users per bus, per year used them. That's a hell of a way to say thanks.

Lastly, we at *MAINSTREAM®* frequently have staff picnics on weekends. On a few occasions, they have been held on the beach. Now we all know that sand is very inaccessible, even hard for the able-bodied to walk on. It sure would have been nice to receive more than a thank you from one of seven people that I helped across some 60-70 yards of soft sand — often having to lift and carry, with another able-bodied person, a person in a wheelchair.

Think about your own community — your own individual life. Are you lax in the thank-you department? How long could you continue in a certain vein without a few thank yous to reward and keep you

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Independent Living in Sweden and the Netherlands

by Lex and Joyce Frieden

BACKGROUND

To those of us involved in the independent living movement here in the United States, having control over one's life and being active in the mainstream of life are predominent themes. We view independent living programs as being consumer controlled, community based and as providing a range of services designed to promote community living by severely disabled people. The conceptual basis of our political and social movement is closely linked to principles of equal opportunity, equal rights and freedom of choice.

We have a long way to go with our movement before we reach our goals. However, we are not alone in our quest for independence. Disabled people in other countries are also faced with the challanges of environmental, attitudinal, economic and political barriers which stiffle opportunity and foster dependence. People in some countries have only begun to address these issues, while in other countries great progress has been made in overcoming many of the artificial hurdles to independence.

Among those countries which are touted as having progressive laws and programs to ensure equality for disabled people and to maximize their independence, are Sweden and the Netherlands. Many of us have heard of the Fokus scheme in Sweden where adapted living units are available with attendant care and transportation services in ordinary apartment complexes throughout the country. We also know of Het Dorp in the Netherlands where disabled people "operate" their own city. Some of us have considered moving to another country where disabled people have more rights and opportunities than they do in the United States and others of us have dreamed of developing programs here which equal those that we hear about in other countries.

With the hope of discovering programs, learning methods and getting ideas which might be transferred from Sweden and the Netherlands to benefit people in our own country, we (the authors) made application to the World Rehabilitation Fund (WRF) for a grant to assist us in visiting and studying in these countries. In the spring of 1980, we received fellowships from the International Exchange of Experts in Rehabilitation Programs sponsored by WRF and the National Institute of Handicapped Research. With detailed study objectives relating to independent living and consumer involvement by disabled people, we visited Sweden for six weeks and the Netherlands for three weeks during the summer of 1980.

Both of us being disabled (paraplegia/quadriplegia), we were able to look at facilities and programs and visit with both professionals and consumers from a unique perspective, since most of what we hear about programs for disabled people in other countries comes from non-

disabled professionals. During our study, we lived in a service house for disabled people, student apartments with attendant care services, a transitional facility, a hostel and a hotel complete with roll-in showers. We tried to prepare much of our own food, do our own shopping and use public transportation as much as possible. Our goal, in one sense, was to see if the grass really is greener on the other side of the fence.

SWEDEN-THE GOOD LIFE

Sweden has been making efforts since the early 1950s to develop a comprehensive system of programs and services for severely disabled people. This system has theoretically been designed to promote normalization, integration and independence. Until recently, cost had not been an important factor in determining whether or not to implement a specific program.

In Sweden, we found the integration of disabled people to be facilitated by a transportation system which uses subsidized taxis and special vans to transport disabled people wherever they want to go. They have strict legislation and standards for promoting barrier-free architecture and they have clusters of barrier-free housing located throughout their communities. We discovered organized, attendant care programs which are paid for by the government and other government aid programs which pay for housing, food, clothing, recreation and the necessities of life. We used hotels and ocean going ferry boats with roll in showers. We saw accessible tour buses and we learned about resorts and recreation sites where attendant care services are provided at no extra charge to the guest who requires them.

We visited integrated schools which have been adapted to accomodate people with many different types of disabilities. Many of these schools have combination special education and mainstream classes which utilize innovative educational methods and curriculae. We discovered a nationwide system for distributing, recommending, repairing and replacing special equipment and technical aids such as wheelchairs, adapted automobiles, elevators, remote control devices and so on. We were impressed by consumer groups with large, very well organized memberships and we were equally impressed by the sizes of these organizations' budgets which, surpass those of many of our state rehabilitation agencies.

THE NETHERLANDS-HAPPINESS HERE

In the Netherlands, we discovered a somewhat more institutionalized system than that which we encountered in Sweden. Overall however, the service delivery system in the Netherlands has been designed to enhance the quality of life and provide options for individual development. Like Sweden, the Dutch government has supported many progressive programs for disabled people without arguing over costs versus benefits.

In the Netherlands, we encountered a nationwide system for the provision of technical aids which is based, in large part, on the Swedish model. We also discovered many modern, well-equipped buildings at rehabilitation hospitals and vocational education schools. We rode on an accessible canal boat and discovered sailing clubs for persons with severe disabilities. We used the Dutch national railway system to go from one side of the country to the other on several occasions and found the trains to be an exceptionally convenient means of inter-city transportation. Portable ramps were used to get on and off the trains and there was plenty of room to park wheelchairs in the cars.

We visited two of the three cities in the Netherlands which are inhabited almost exclusively by severely disabled people. We also visited a number of more integrated living arrangements where attendant care services are provided and subsidized by local government. In addition to government sponsored attendant care programs, special cost subsidies are paid by the government to individuals for housing, special assistance, equipment and other needs. The social insurance program there is set up to provide all disabled people with a guaranteed minimum income — well above the poverty line.

ALL THAT GLITTERS...

In spite of all the effort which has gone into planning and financing progressive programs for disabled people in both Sweden and the Netherlands, some possibly negative, unintended effects have developed. With the exception of the Dutch railroad and the Swedish subway system in Stockholm, we did not find any truly integrated mass transportation systems. In Sweden, it appears as if paratransit has evolved as the solution for transportation of disabled people; in the Netherlands, disabled people in need of intracity transportation are out of luck unless they have their own automobiles or they are associated with some kind of charitable organization which has a van.

With emphasis on social insurance and

continued on page 8

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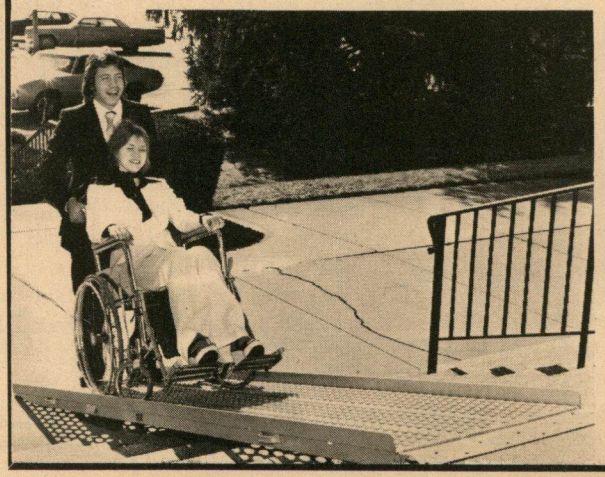

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Independent Living

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guaranteed minimum income for people who are not working, we discovered blatant discrimination against disabled people who wanted to work. We also recognized a distinct lack of motivation to find jobs on the part of many disabled people who could work. It was amazing to find a comparatively large number of disabled people who were completely satisfied with their role in life as recipients of government benefits. We heard people say that they were satisfied to sit at home and wait for their insurance checks to come. Many of these people expressed no desire to be part of the mainstream of society. We wondered if the generous attendant care programs have not fostered a kind of laziness or passiveness on the part of disabled people. The idea occured to us when a Swedish shopkeeper became concerned because we were shopping for ourselves instead of sending our "personal shopper."

Some groups have been overlooked in the development of services for disabled people. The most obvious case is that of deaf people who need telecommunications devices (TDD), which their governments will not provide. Although the government will purchase an automobile for a person who cannot use public transportation, it will not purchase a TDD for a person who cannot otherwise use a telephone to communicate.

We talked with some very frustrated activists who felt as though they had few opportunities to help themselves. They complained about everything being provided by "Big Brother."

We also noted that many of the leaders of the large consumer organizations in Sweden were not disabled. In addition, we sensed a stereotyped image by the general public toward disabled people as being the recipients of aid. We ascertained that money to support the consumer groups in Sweden is raised, in great part, by lotteries and bingo games and we have the feeling that this encourages the general public to have charitable attitudes toward disabled citizens. In fact, some bingo players rationalized their losses to us by saying they were simply "helping the helpless."

In Sweden, we found loopholes in the building codes, a lack of mobility in housing for disabled people and an abundance of seperate, segregated accomodations. We noticed a tendency on the part of some disabled people to believe that all accessible housing should be reserved for disabled people. Consequently, some housing projects which have been designed to accomodate either disabled or non-disabled individuals and thereby foster integration, are being turned into segregated ghettos.

In the Netherlands we perceived Het Dorp and other cities for handicapped people, to be mostly segregated and like large nursing homes. Very few of the people who live in these cities are interested in electing or being political representatives, or in operating or being involved in the shops and businesses which are located in their cities. Although these cities appeared to be comfortable from the standpoint of the residents, they were certainly isolated from the larger communities.

SOME CONCLUSIONS

Our conclusions are drawn from numerous personal interviews, experiences and observations. Although we enjoyed our trip and learned about some exemplary programs, we have serious questions about whether or not some of the programs in Sweden and the Netherlands, which were intended to facilitate independence, actually do so.

It is clear to us that the interpretation of concepts, ideas and terms varies significantly from one country to the other. Partially, this is probably due to language differences , but more importantly, it is due

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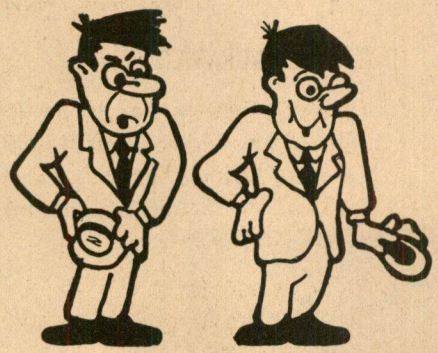

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to historical and cultural differences. An example of interpretative differences occurs with the word integration which in Sweden, seems to imply physical or architectural freedom but does not include psychological integration to the same extent as we in the United States think of it.

Another conclusion which we have drawn relates to the compromising of principles in order to achieve short-term goals. For example, in Sweden, while we encountered a history of rhetoric about integrated mass transportation, a fairly well developed paratransit system seems to have relieved all the pressures for making the mass transit system more accessible. Here the principle of integration seems to have been compromised by the desire to have convenient transportation immediately available.

Other conclusions relate to the concept of welfare and insurance. Although both Sweden and the Netherlands have social insurance programs for persons with disabilities, these programs look, taste, smell and feel much like our own welfare programs. Maybe it doesn't hurt as much to call these programs insurance as opposed to welfare, but it still creates a class difference between those people who pay the bills and those who reap the benefits. It also seems to us that by being the beneficiaries of social programs, people begin to experience a loss of control and independence. Instead of enhancing the individual's concept of self-worth and dignity, some programs seem to lead to self devaluation or a loss of self-esteem.

The final conclusion, which we have drawn from our European study, is that while plentiful services, physical accessibility and income benefits may raise the standard of living and enhance the quality of life for disabled people, they *do not necessarily* result in social or psychological integration. In fact, exceptional services, programs and provisions simply magnify the differences between disabled and non-disabled people in many cases.

GREAT IDEAS

The fact is, we found both good and bad in the countries we visited during our study trip. We certainly are not going to move away from America anytime soon; but then again, we did not intend to before we visited Europe. Basically, we believe the grass is not greener on the other side of the fence — it is just a little different shade of green.

As people with disabilities, no matter where we are in the world, we have a lot of challenges before us if we want to be truly independent. The best we can hope to do is to work toward common goals, learn from our mutual successes and failures and support each other in every way we can.

Some things which we learned during our study in Sweden and the Netherlands should be viewed by us as models to follow and ideas to pursue. For one, we are convinced that the centralized provision of technical aid for disabled people can be very effective and very cost beneficial. We are also convinced that railroad systems can be economically adapted for use by disabled people. Finally, we believe that the integration of our schools at every level can be successfully accomplished and will reap great benefits to our society in the long term.

In closing, it should be noted that our trip to Sweden and the Netherlands was one of the most significant experiences in our lives. It was both enlightening from an educational perspective and enjoyable from a recreational perspective. We had some wonderful times in the countries we visited and we me some fascinating people who will remain our friends.

EDITOR'S NOTE: Lex and Joyce Frieden work on the Independent Living Research Utilization Project at the Institute for Rehabilitation and Research, Houston, Texas. □

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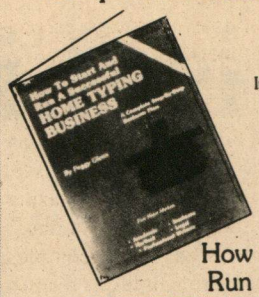

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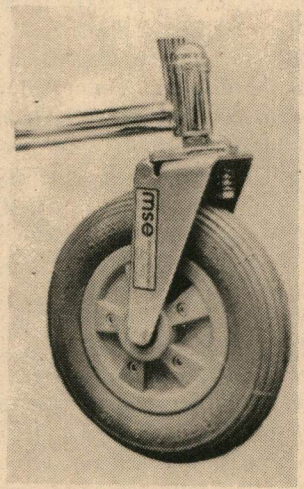

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Disability— A Social Phenomenon

by Scott Grimm

The 14th World Congress of Rehabilitation International (WCRI) met in Winnipeg, Canada, last June. One of the major themes was that there should be full participation of handicapped persons in determining the course of their own lives.

Recognizing the perimeters created by societal definitions of "disability," the Union of Physically Impaired Against Segregation (a United Kingdom organization) proclaims in their booklet, "Fundamental Principles of Disability," that: "In our view, it is society which disables impaired people. Disability is something imposed on top of our impairments by the way we are unnecessarily isolated and excluded from full participation in society. Disabled people are therefore an oppressed group in society. To understand this, it is necessary to grasp the distinction between the physical impairment and the social situation called 'disability.' Thus we define *impairment* as lacking part or all of a limb, or having a defective limb, organ or mechanism of the body. *Disability* becomes a restriction of activities, as defined by a contemporary social organization which takes little or no account of people with physical impairment, thus excluding them from participation in the *mainstream* of social activities. Physical disability is therefore a particular form of social oppression."

Sweden's Central Committee of the Organization of the Handicapped, feels that this may be due to the demands of industry. In their address to the WCRI they stated that: "We have developed a narrow and short-term economic policy in our pursuits of profits and increasing economic growth that has sharpened the demand for efficiency and effectiveness. The competition for jobs intensifies and then the majority of disabled have no chance. We disabled demand the same right to work as others and we clearly cannot accept the situation that exists today. Our societies must take forceful measures to achieve improvements."

Or, as Barbro Carlsson, Consultant on the Handicapped for the National Board of Education, Sweden, states: "Western societies value their members according to usefulness. The great changes that have occured in living standards and technological progress, have not entailed any profound revisions of the way in which we value people."

Whatever the causes, the handicapped person perpetuates his/her own social limitations, on an individual level, by simply accepting those conditions as they are manifest in the individual's life. To debunk a step further, by not actively seeking to remain informed on the issues pertaining to the handicapped community, so that they may act accordingly on them, the individual further enables the continuation of this oppression.

It may be the case however, that the social identity ascribed to the handicapped person reinforces the belief that "handicapped" implies dependency. So that the individual just does not see him/herself as having the capacity to make choices involving their situation. Carlsson said, " ... as handicapped people, we are greatly influenced by the human attitudes of the community around us. Our self-esteem and dignity are easily attacked in communities where the strong, well trained and well shaped members of society are given praise and prominence. It is here where the traditional view of handicapped people is that they are weak and cannot be expected to contribute to the common cause. We are not regarded as an asset — as people who by virtue of their ability have something to offer. If I am constantly regarded in these terms, it becomes difficult for me to find my human identity because I am expected, as a handicapped person, to live up to a role shaped for me by others. This reinforces the sense of isolation and the feeling of being apart from others. The role of the handicapped person heightens the differences between my life and the lives of other people. This has the serious effect of undermining and weakening my determination to bring about change together with others; a determination without which no genuine change can materialize."

Without that determination, the handicapped person remains in the outskirts dusky-angst, where the distinguishments of self fade and become increasingly detached.

Ed Roberts, Director of the Department of Rehabilitation, State of California, reflected in his address to the WCRI that: "I remember when I was at the University of California and fell in love. It was incredibly inconvenient to have to take an attendant with me. I had been told for years that I could not drive a power wheelchair because I was too severely disabled. But, I decided to take a risk, because I had a lot at stake. I crashed in the beginning, but then I learned."

And so we should all; take more control of our lives and be willing to take risks. For us, the taking of risks is essential — if we are to fuller participate in our societies!□

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Editorial

continued from page 4

going? How many times have you said to yourself, about things unrelated to this editorial, "Well, if they can't say thank you, I'm not going to do it anymore, I won't help them anymore or I won't give them anymore? *A lot I'll bet.*

But you are going to come back at me and say that fuller participation in society "should" and "ought" this and that. TRUE. *But it is not!!!*

In any event, remember, ... you can attract a lot more bees with honey than you can with vinegar. ... And that is the reality of life! □

letters

You Blew It!

Recently I received a copy of the June issue of *MAINSTREAM®*. I was very pleased to see the section on "Access Guides" and decided to write to each agency to receive a copy.

This letter is to inform you that many of the addresses were incorrect. Letters returned to this office are as follows:

1). Fort Collins, Colorado
2). Boston, Massachusetts
3). New York, New York
4). Honolulu, Hawaii
5). Atlanta, Georgia
6). Orlando, Florida
7). Des Moines, Iowa
8). Providence, Rhode Island
9). Chicago, Illinois
10). Lansing, Michigan
11). Long Branch, New Jersey
12). Buffalo, New York

I am enclosing the envelopes so you can see the reasons for return.

Despite the problems I encountered, I certainly enjoy reading your publication.

Sincerely,
Hale C. Donaldson
Planning Specialist,
Dep't. of Education
State of Tennessee

EDITOR'S NOTE: Boy, we sure did blow it! Our apologies to all who incurred the expense to find out our list was erroneous. Somehow we got an old listing, and published it without realizing its outdatedness.

Get Involved Now!

The 1982 "Weekend with the Stars" telethon for Cerebral Palsy (CP), will be held on January 16 and 17, 1982. I invite you *now*, to be a part of it.

All *MAINSTREAM®* readers with CP and other disabilities are invited to recommend topic and subject matters to be discussed during the telethon. You can do this by writing to me at the address below and giving your opinions on: What image of disabled persons should be portrayed? What is it like to have CP or other disabilities? What do you think the general community needs to know to help improve the lives of disabled people? What effect has your disability had on your families?

I would like your comments by November 20, 1981. By sharing our ideas and personal experiences we can help one-another.

Barbara S. Romero
Co-Chairperson of the Medical-Professional Committee for the 1982 UCP Telethon
c/o *MAINSTREAM®* Magazine
861 Sixth Ave. #610
San Diego, Ca. 92101 □

dear ada

Dear Ada,

In evaluating program accessibility, what areas of a state department's activities need to be reviewed?
T.R.

Dear T.R.,

There are three major areas of program access that must be reviewed when evaluating the overall accessibility of any state department. They are:

- Policies and practices on provision of services to department program participants.
- Policies and practices on employment.
- Architectural accessibility to facilities by recipients of state services and employees.

Dear Ada,

I read your article entitled "Curios About Sleep" in your September issue. While very informative, I still wonder about how much sleep a person needs. Do you have any information on this?
S.W.

Dear S.W.,

While sleep is important for our bodies, not everyone needs eight hours of sleep each night. Throughout our lives, sleep patterns change, with the major influences being age and emotion.

Infants need from 14 to 18 hours daily. Children from age three to seven need 12 to 14 hours, and teenagers from eight to ten. But as we grow older, significant changes occur in our sleep patterns. Many people past the age of 50 find three to five hours of sleep is all they need.

In general, the older we get, the higher the incidence of disturbances as the deep sleep of youth is replaced by a lighter sleep. While older persons may have a lighter sleep, they usually find it easier than when they were younger, to wake up and become alert.

Dear Ada,

Recently a friend of mine has been experiencing frequent headaches and she doesn't know why. Are there any known causes of headaches?
Jean

Dear Jean,

Most headaches are nothing to worry about. However, if they come on suddenly with no apparent reason and persist for a couple of days they should be investigated by your physician.

If the headache is situated above the eye it is likely to be caused by sinusitis. If it comes on abruptly and is worsened by eye movements it might be due to eyestrain. Another, but less likely possibility, is that it might be due to glaucoma, a serious disorder which increases the pressure within the eyeball itself. Left untreated, glaucoma can lead to blindness.

Perhaps the most severe type of headache is the migrane. It is an intense headache and typically affects women more often than men and tends to run in families. The migraine may last anywhere from several hours to a couple of days and may be accompanied by nausea and vomiting.

If you suffer from migraines, your physician may be able to prescribe medication to lessen the attack. It may or may not be comforting to know that most cases of migraine attacks tend to taper off and stop after 50 years of age. □

The Handicapped People of China

In a winding alley in the outskirts of Peking, the People's Republic of China, people line both sides; so many that our tour bus barely can thread its way. We approach the Peking Wool and Weaving Factory, one of scores of factories throughout China that hire mainly physically handicapped people.

The 12 of us get off the bus. We are part of a study group looking into China's activities for its handicapped people. A man in blue denim slacks and white shirt greets us and leads us up three flights of stairs, newly scrubbed with carbonic acid.

We enter a room and are greeted by a stocky middle-aged man who is the political leader of the factory. The factory manager stands behind, but he doesn't say much. Neither is handicapped. We are motioned to sit down at two tables made from boards stretched across wooden desks. The political leader, Comrade Mung, nods thank you to a young girl who poured green tea into hand-painted cups. Twenty minutes pass. Comrade Mung clears his throat and welcomes us through an interpretor. Our group leader responded in kind. Then we had an opportunity to ask questions.

Q. How many people here?

A. Total, 467. Of them, 276 are handicapped; mainly deaf without speaking skills and some blind; very few with crippling conditions.

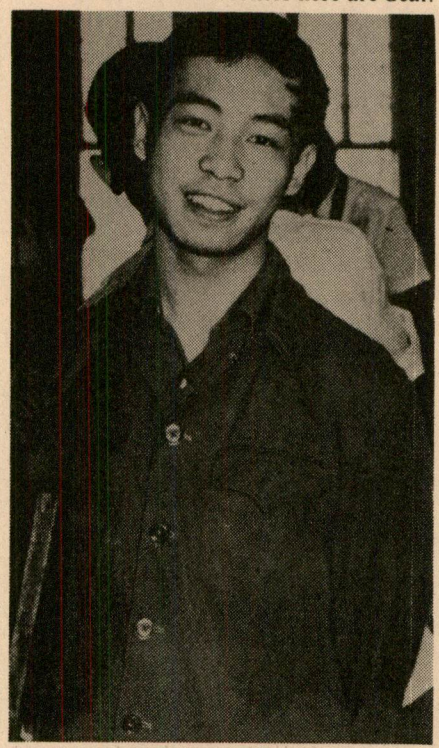
Q. How do handicapped workers compare with the rest?

A. Every bit as productive. No difference.

Q. Is it differcult for a handicapped person to get a job in Mainland China?

A. (Blank stares, uncomprehending) Later we learn that everyone who wants to work can work; the Chinese government assigns jobs. There is no open labor market as there is in the United States.

At this point the tour began. Up and down more freshly scrubbed stairs. It became apparent that you had to be agile to work here. We came to a room on the third floor. All the workers here are deaf.



They are weaving fronts and backs of sweaters by hand.

With her eyes, a smiling young lady invites me to sit at her work bench. She shows me what she is doing and motions me to try. Other young women flock around to watch.

Next we proceeded down a flight of stairs where they are making sleeves for the sweaters. We shake hands with every worker — everyone. We are in their world now, their guests. They show us hospitality in their own ways, and we communicate with our eyes.

Then to the first floor; huge looms making exquisite Chineese rugs, 9 by 12, for export. Each man and woman has a blueprint tacked to the wall, with details of color and pattern, from which they work.

Since China encourages family togetherness, many of the handicapped workers bring their children to the factory. There is a day care center and there are classrooms. At lunchtime, the youngsters eat with their parents in a large dining hall.

This factory has a chef; a dancing-eyed, roly-poly, barrel-like How Tung Fu. He is deaf. When the twelve of us file into his domain, the factory kitchen, he is in ecstasy. His body bobs back and forth, like one of those Chinese dolls with a round base that cannot be knocked over. He squeals with glee. With a combination of pantomime and hand gesture, I ask him to demonstrate what he can do. He comprehends and bolting into the backyard, he bounds back with three large yellow squashes. After scrubbing them vigorously at the sink, he places them on the table, bounds out and returns with a wooden cutting board. He bounces over the wall, selects a huge cleaver and returns to the table. He stands poised — a diver ready for the leap; a musician ready for the downbeat. Suddenly, with such rapid motions that my eyes can't follow, he slices one squash into perfect cubes, all the same size. Just as suddenly, the second squash, perfect triangles; and the third, paper-thin slices we can almost see through.

Factories like this exist all over China. They are not sheltered workshops or training establishments. They are regular factories with production schedules, quality controls and problems of stepping up productivity. In most factories, handicapped workers receive the same wages as others. There is a mix of handicapped and non-handicapped, evenly balanced. All do the same work.

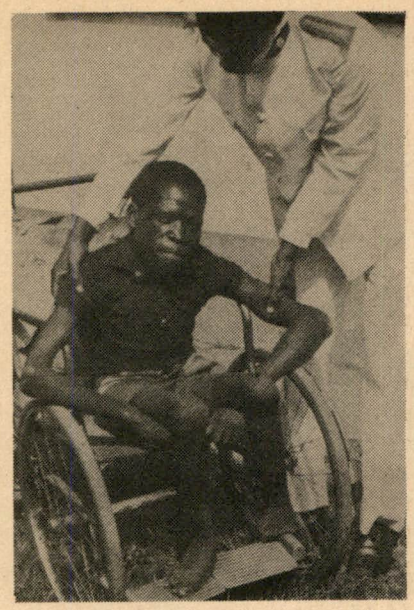
No comparisons please. China is China. The United States is the United States.

In the rice paddies of Chansha, men and women up to their knees in water, plant rice — grain by grain. There is no such thing as completing their tasks; there is always more rice to plant — grain by grain.

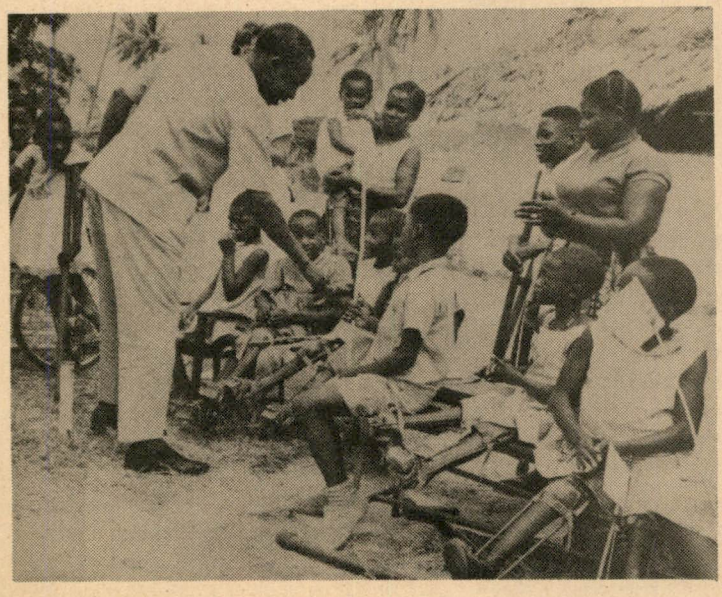
In China it is the doing that counts, not the getting done. It is the infinite patience, the eternal present and not the anticipated future.

What does this Chinese mode mean to its handicapped citizens? Forward movement, yes; but slow and steady, not fast. Deeper than that, perhaps, a lasting acceptance of those who are handicapped; for China is an accepting society. It accepts processes; it accepts people.

EDITOR'S NOTE: This story was condensed from Disabled U.S.A, Vol. 3, No. 9, 1980. □



A World Collage



A VIEW OF THE WORLD

The following article appeared in the International Labor Office (ILO) newsletter and provides an international view of the state of human rights for persons with disabilities.

Today, some 450 million people on this planet are physically or mentally disabled. This is more than the entire population of Africa or that of the United States and the USSR combined.

Affected by polio and other sometimes occupational diseases, handicapped by blindness, deafness or mental disorders, these people are waiting and hoping for a chance to qualify for a job; but most of them hope in vain. This "waiting list" increases each year by some 15 million — victims of wars, accidents, malnutrition and disease.

Few communities can afford to maintain one in ten of its members. Disabled people have to be fed, clothed and require very special care. All this imposes a heavy burden on families and social services. In human terms it is even worse. Feelings of inadequacy, dependency and insecurity which many disabled persons experience compels them to opt out of society or turn to begging as a means of livelihood. Two countries in every three in the Third World are lacking even basic rehabilitation services, and only one cent is being spent on each disabled person there annually, while the world at large earmarks over $400 billion for armaments.

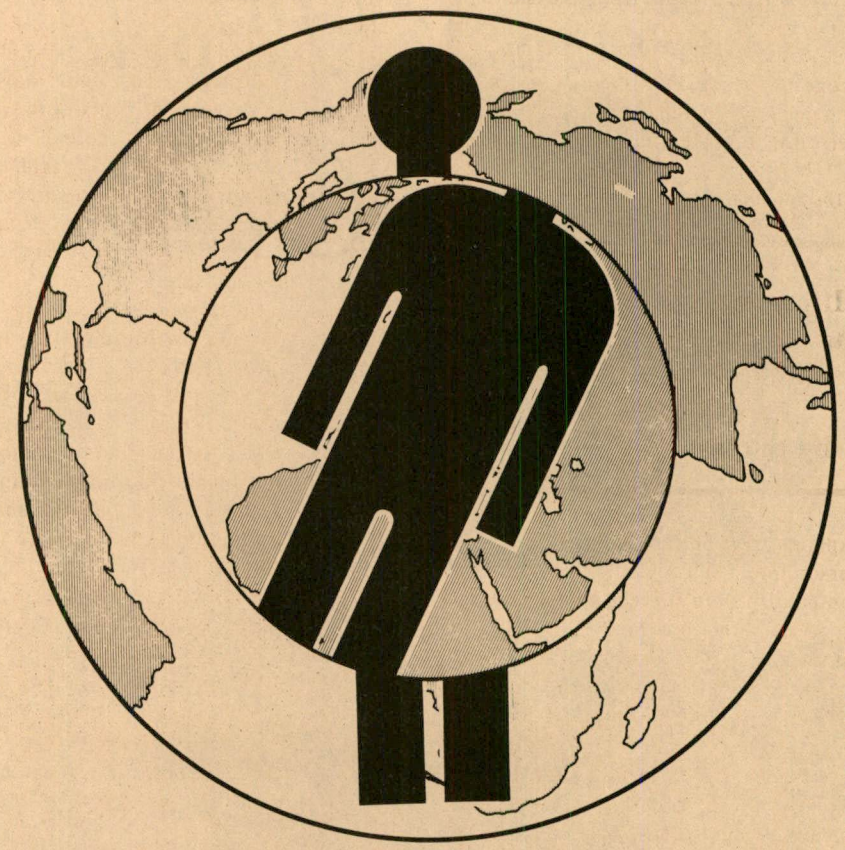


Illustration by Peter Sullivan

REHABILITATION PAYS OFF

But rehabilitation of the disabled does pay off in hard cash terms. For example, U.S. Department of Labor statistics show that for every $1000 spent in the rehabilitation of a disabled person, $35,000 will be generated by that person's work during his lifetime, part of which goes to federal and state taxes. Even more impressive, it is estimated that the employment of 100,000 disabled persons in the U.S. adds at least $500 million to the GNP; and disabled persons who are economically independent do not burden the community public assistance funds.

A major purpose of the 1981 International Year of Disabled Persons is to turn the spotlight on the fearsome situation of millions of handicapped people and help remove the prejudice and discrimination which bar their way to "full participation and equality" — The United Nations theme for the year. In most situations, these two goals cannot be achieved unless these people get the opportunity to become self-supporting and to participate in active economic life.

This means training and jobs, which is easier said then done — for the alarming fact is that despite all efforts and appeals for aid, the outlook for handicapped people is as bleak as ever. The majority of

the world's disabled — 300 million — live in developing countries which also have a backlog of over 400 million jobless or underemployed citizens. To contemplate the possibility of placing many disabled in the open labor market is, therefore, just a pipe-dream.

Consequently, the ILO's main efforts have been directed toward the setting up of production workshops on small-scale industry lines, small business cooperatives and self-employment schemes for Third World disabled. Nine of every ten of these people live in isolated, rural communities and for them, the ILO's efforts are directed to teaching practical skills for everyday life rather than a specific trade for which there may be little use, if any. An important objective of all ILO vocational rehabilitation projects in developing countries is to try to insure that they become self-sufficient and that they are profit oriented right from the start. An ILO expert, Edward Johnson, who has wide experience with rehabilitation programs in the Third World, states that one purpose of rehabilitating a disabled person is to make a taxpayer out of him.

"This helps to convince governments, although that is not the main reason," he explains. "The object is to turn the disabled person into a self-reliant citizen, standing shoulder to shoulder with the able-bodied members of the community. Nothing gives disabled men and women the confidence they need as does the knowledge that they are doing a job of work, paying their taxes. ... "

If present trends continue ... the number of handicapped people seeking help might swell to some 800 million by the turn of the century.

LEGISLATION IS NOT ENOUGH

In the advanced countries, the current economic slump has thrown some 17 million people out of work. No group however, is having a tougher time in the tight job market than disabled men and women who are often the first fired and the last hired. In some places their rate of unemployment is twice that of able-bodied persons. Because of sex bias, the situation is doubly differcult for disabled females.

Experience has shown that protective legislation which aims at promoting employment of disabled people can help, but that it is no panacea. In the United Kingdom for example, the quota system has proved to be relatively ineffective in a depressed labor market situation. Designated employment and reserved jobs programs, even when implemented, provide little relief. Moreover, the jobs in question are usually menial, low paid and of low status. ILO specialists say that legislation concerning employment of disabled persons will have a better chance to be effective if it were more flexible and formulated in such a way as to stimulate private and government initiative.

Some countries pay grants and allowances to employers who offer training to disabled persons at the work place. This is a positive development which should be encouraged further, together with financial incentives to fund ergonomic and other job adaptions that will facilitate and increase the performance of disabled workers. In Sweden, the so-called "adjustment groups," sponsored jointly by management and labor, are helping in many enterprises to secure alternative employment for disabled people. Similar programs are under way in Poland and Norway. In other forms of vacational rehabilitation training, it is essential that the skills being taught are geared not only to the present day needs of the labor market, but also to future requirements resulting from technological and structural change.

In this context, the new concept of vocational training developed by ILO and known as "Modules of Employable Skills," holds great promise of improved employment opportunity for the disabled. The key to this system and its unique feature is that of creating self-contained training packages or modular units, around each function. It is limited to the essential skills, knowledge and aptitudes required to perform a task. The relevence of this infinately variable and flexible approach to training and employment of the disabled is obvious; it allows the training and reintegration of those severely disabled persons who can only undertake a limited range of activities.

If present trends continue, and unless resolute medical care is taken, the number of handicapped people seeking help might swell to some 800 million by the turn of the century.

"The question of how to tackle this formidable challenge is not one of policies or approaches," says ILO Director General, Francis Blanchard. "These exist; we have developed them. What is lacking however, is the political will to act and, putting it quite bluntly, money."

ILO experts have calculated that in order to help stem the tide, the world would have to find, as a minimum, 25 additional cents to spend on each disabled person annually — or in total, some $100 million a year. This, at least, would help to establish pilot vocational rehabilitation programs in those countries where no such services exist. Equally important, it would provide the means to set up some subregional and regional training centers where much needed specialized staff could be trained.

"It is a modest, realistic goal and if the term 'human dignity' has any meaning at all, these twenty-five cents should certainly be found," stated Blanchard. □

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Australian Vocational Programs

by Donn E. Brolin, Ph.D.

Vocational rehabilitation efforts in Australia closely parallel those in the United States. This is due, in part, to the close relationship that exists between the two countries. Many Australians working in human services have been educated in the United States and others have travelled throughout our country to study its concepts and programs. About half the professional books and journals in the human service area are American. In addition, our scholars are frequently called upon to lend their technical expertise in developing needed services for the Australian people.

Despite outside influence, Australians think for themselves, often creatively. They study the approaches of other countries and then modify some to their own situation. Their human services professionals are as competent and qualified as anyone in the United States, even though they have had less time to establish an effective human service delivery system to meet the needs of handicapped citizens.

As in the U.S., there are several systems of vocational rehabilitation in Australia. The primary ones are: The Commonwealth Rehabilitation Service, the Commonwealth Employment Service, the State Department of Education, the Handicapped Persons Bureau of the Department of Youth and Community Services, private non-profit organizations and private industry.

The Commonwealth Rehabilitation Service is a branch of the Federal Department of Social Security. Established in 1948, it is the only nationally integrated system of rehabilitation. Its philosophy is: "The restoration of the disabled to the fullest physical, mental, social and vocational usefulness of which they are capable." Its purpose is: "To restore function, confidence and independence to handicapped people." It seeks to utilize their latent abilities and to return them to a useful life within the community.

To meet the above objectives, the Commonwealth Rehabilitation Service provides direct services through regional units and various rehabilitation facilities. There are three types of facilities:

1) Regional rehabilitation centers.
2) Work adjustment centers.
3) Work preparation centers.

The rehabilitation centers are multidisciplinary in nature, with a full range of services headed by a medical director and a rehabilitation counseling officer handling administrative aspects.

The work adjustment centers are primarily for those individuals who need

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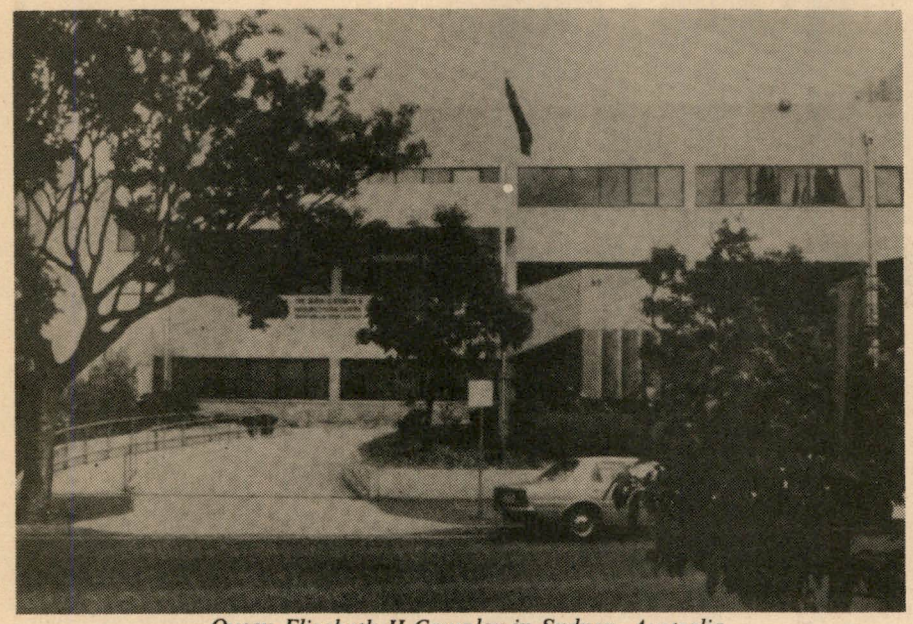
short-term work conditioning before competetive placement.

The work preparation centers provide vocational assessment, counseling and preparation for young mildly retarded and slow learning school leavers who might have difficulty finding and holding jobs.



Queen Elizabeth II Complex in Sydney, Australia

The Commonwealth Rehabilitation Service, with its staff of 1,000, including about 100 rehabilitation counselors, is a very significant provider of comprehensive services to the disabled in Australia.

The Commonwealth Employment Service (CES) is a branch of the Federal Department of Employment and Youth Affairs. It has handicapped specialist employment counselors in the state offices and a "handicapped persons officer" in each of its district offices. The employment counselors work closely with psychiatric and rehabilitation hospitals, juvenile centers, state wards, release centers and prisons; as well as the CRS. They train "handicapped persons officers" and oversee their more difficult cases. All of Australia's seven states have CES rehabilitation centers.

In Australia, the Federal Department of Education administers, through the states, their public schools. Several forms of rehabilitation efforts are being made vocationally. Many special schools operate work experience programs utilizing various resources such as sheltered workshops, work preparation centers, businesses and industries. Some technical colleges also have initiated special vocational preparation programs.

There are three types of educational programs which offer rehabilitation services. These are special schools, continuing education centers and technical colleges.

The Handicapped Persons Bureau (HPB) of the Department of Youth and Community Services is a relatively new branch struggling to establish itself as an effective and important service within the department. HPB's primary concern is for wards of the state who are disabled. It is this agency which has been instrumental in guiding the states toward a certification requirement for workshops and the provision of inservice training to personnel in community facilities.

The number of organizations, programs and services for the disabled from the *private sector* is quite impressive. This is based, in part, on necessity since govermental services to the handicapped were quite limited until recently.

Two major types of facilities serving the severely disabled exist. They are the "Activity Therapy Centers" and the "Sheltered Workshops." Activity therapy centers, of which there were 186 approved in 1979, have as their main objective the personal and social development of severely handicapped adolescents and adults who need special facilities in order to gain maximum independence and self-sufficiency. At least 50% of the individual's time must be spent in personal and social development activities. However, many centers interpret this loosely and use work activity to meet this prime objective. There currently are over 6,000 disabled persons attending these centers.

There are 168 approved sheltered workshops serving over 7,000 people. They provide an array of sub-contracting work such as assembly and packing, soldering, duplicating, manufacturing, book-binding and woodworking. The Handicapped Persons Assistance Act of 1974 clearly indicated that sheltered workshops are to engage in substantial rehabilitation practices. However, most of them seem to operate primarily as sheltered employment facilities with little rehabilitative intent — other than that which comes from gaining experience and confidence from doing a job successfully.

Private industry, as well, operates many rehabilitation programs integrated into their business structure. As in the United States, there appears to be a growing movement toward industry-based rehabilitation programs.

Rehabilitation services in Australia have made remarkable progress over the last decade. Although much remains to be done, there are many models of services and techniques that warrant consideration by programs in other nations. In the next five to ten years, rehabilitation services in Australia should rank among the finest in the world. □

The **31st annual** state-wide national convention of the **Council for Exceptional Children** will be held November 12-15, 1981. The meeting will take place in San Diego at the Town and Country Hotel. The convention will focus on career and vocational education.

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Examples to Follow

There are a number of projects, events and activities that can be undertaken by community partnerships and other groups as part of the International Year of Disabled Persons. The following is a sample list of some of the things that are happening in other parts of the world which may give you some ideas for your community:

- Japan is sponsoring an *International Abylimpics* for individuals with all types of disabilities who will compete in a number of events.
- A number of nations in Africa will be joining together in a *conference* on the prevention of disability and the integration of people with disabilities into society.
- England is sponsoring a number of activities including:

—A wide range of *television programs* concerning disability and issues relating to disability.

—A disabled drivers *automobile rally.*

—A *"Building for the Disabled Award"* which will be given to a new building or group of buildings which has been designated to be accessible to individuals with disabilities.

—A traveling theatre company which is *putting on a production* entitled "Side Show" which sharply satirizes society's myths and misconceptions about people with disabilities.

—A *project* conducted by 27 major breweries, *to make public houses* (i.e., pubs or bars) *accessible* to people with disabilities.

—A number of *festivals, art exhibits and special athletic events.*

- Other communities are sponsoring such things as:

—Training conferences.

—Sensitivity awareness days.

—Voter registration drives.

—Job Fairs. □

International Symbol for the Deaf

The international deaf community now has a symbol representing its disability, as those who use wheelchairs have had for years.

The deaf symbol will be used by millions of deaf and hearing impaired people around the world to alert others of their disability. The symbol was designed by Jack Weiss Associates of Chicago, the same firm that designed the wheelchair international symbol of accessibility. It is white on a blue field; the same as the wheelchair access symbol.

The success of the wheelchair symbol, and how it increased public awareness to the needs of the physically handicapped, was a major factor in creating the deaf symbol. The wheelchair symbol also created new breakthroughs in establishing the idea of "Barrier Free Environment." It is hoped that the new international symbol for deafness will bring about the same results by minimizing the social distance between the hearing and the hearing-impaired communities worldwide. □

Spoke Shop Opens in San Diego

San Diego's independent living center, the Community Service Center for the Disabled, has recently opened a wheelchair repair shop. They specialize in the repair and modification of manual and power wheelchairs. They will sell Stainless Medical Products Co. items, Phil Wood hubs, and Everest and Jennings products.

The Spoke Shop will accept Medi-Cal, Medicare, VA Benefits, Workman's Compensation Insurance and cash.

They can be contacted at: 1295 University Ave., San Diego, Ca. 92103. (714) 296-8012 or TDD, (714) 293-7757.□

Career Fair

Are you interested in exploring a career in the diverse and growing fields of energy and natural resources?

On November 6 and 7, 1981, the California Energy Commission is sponsoring its first "Career Fair" at California State University, Los Angeles. The conference will feature exhibits, demonstrations and workshops presented by public and private organizations involved in energy and natural resources. Workshops will be presented by the Department of Rehabilitation, Pacific Telephone and Northrop Aircraft.

For further information please contact the Buena Vista Group in Beverly Hills, Ca. at (213) 859-8851. □

Signs of a New Pope

Dr. Diane Castle (second from right) interprets for Pope John Paul II at a World Federation of the Deaf meeting in Rome, Italy

Cheryl Taylor of Careers for Disabled, Inc., presents a symposium poster to Irving Gould of Commodore Business Machines

Baltimore Hosts

The National Careers for the Disabled Symposium

The National Careers for the Disabled Symposium, offering first hand information to career oriented disabled persons, will be sponsored by Commodore Business Machines, Inc. It will be held at the Convention Center in Baltimore, Md., December 4-6, 1981.

Workshops will include a special lecture on "How To" obtain training and then market new or existing skills in areas such as computer technology, starting your own business, continuing your education, sales, government and unions, finance, printing and graphic arts, clerical, travel and leisure, food services, communications and repair trades.

In announcing that Commodore, an internationally known manufacturer of microcomputers, has agreed to sponsor the symposium, James Finke, president and chief operating officer of the company said, "Today, business leaders must assume leadership roles in helping assimilate millions of handicapped people into the work force. It is our belief that their symposium will be an important first step in bringing about this reality."

"Commodore is especially pleased and excited to sponsor the symposium," Finke continued, "because we know how important the microcomputer can be for the handicapped; extending reach and multiplying capabilities."

According to Careers for the Disabled, Inc., a New York Based non-profit organization, a new age is dawning for those individuals generally classified as "handicapped" or "disabled." Federal laws, court decisions, changing public attitudes and a growing assertiveness on the part of the 36 million handicapped themselves, are helping to rehabilitate the disabled into the mainstream of society.

Additional information and reservation forms for the National Careers for the Disabled Symposium are available by writing: Careers for the Disabled, 261 Madison Ave., ste. 1102, New York, New York 10016. □

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CONFIDENCE

by Jo Ann Eggstaff

Webster's Dictionary defines confidence in seven different ways, ranging from "boldness" to "the belief that another will keep a secret." Somewhere within the seven definitions is probably what confidence means to you. In trying to understand the term, I began wondering how it differed from hope or will to live.

For the answer to this question, I turned to Joni Eareckson, author of the books "Joni" and "A Step Further." They concern a diving accident that left her paralyzed and chronicle her acceptance of quadriplegia. In addition, the movie "Joni," based on her life, shows how she sometimes wished for death because the prospect of continuing life as paralyzed filled her with depression. Now in her 30s, she is a happy, giving, active person.

Parts of her answers to questions on confidence are reproduced below. Unfortunately, there is not enough space in this column to detail all that she said, but if you'd like to write her, her address is: P.O. Box 3225, Woodland Hills, Ca. 91365.

Q: How does confidence differ from hope for you?

A: I think hope is a kind of goal or a kind of end mark to work toward. Confidence seems to be a working out or a living out of the hope that you have. It's actually putting it into practice. Hope, acted upon, creates confidence; creates inner strength and assurance. It reflects itself in a positive self-image, initiative, making thoughtful or wise decisions ... it is not passive, it is very active.

Q: There's a dichotomy in the definition of confidence. One states it is "reliance on your own abilities." The other says it is "belief in the trustworthiness of someone else." For the Christian, this means complete reliance on God. Where does that leave self-confidence? Is it still felt?

A: The hope that we have in Christ gives us confidence in that we have worth in *his* eyes. I find that I have value, worth, dignity, purpose and meaning because of the price God places on my life — I must be very valuable in *his* eyes.

Q: When I have dirty hair, my bad appearance can make my confidence nosedive. Does this happen to you?

A: Oh, sure. We're creatures that live in a self-oriented world. So much of who we are is filtered through our senses. Even if I were on my feet, I wouldn't want to go out with dirty hair. A lot of scripture in the Bible, especially in Proverbs where it talks about appearances, means only that you shouldn't depend on braided hair or jewelry to say who you are. The adornment is incidental; it's extracurricular.

Q: Are there things that help your confidence to skyrocket, like a favorite dress or perfume?

A: More than those external things, I think meaningful relationships with men and women give me a real kind of confidence. After all, if you put on all this make-up and perfume, and you fail in relationships, what's it all for?

Q: Do you ever mistrust confident feelings?

A: I try not to listen too much to my feelings. I try to rely on what I know to be true about who I am and who God is. If there are days that I feel ugly, that doesn't mean that I am ugly.

Q: Is your confidence tied in any way to a special body part?

A: My ability to breathe affects me emotionally. If my corset isn't fitting well, if I'm weak from lack of sleep or I'm not sitting well in my chair, it's really hard to talk; hard to not fall asleep. I really enjoy those days when I can breathe! □

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Salt Watching

by Lilly Bruck

This is the month when many people forsake their good intentions and for one or more festive meals enjoy the pleasures of the palate, promising themselves to return next week to their usual calorie-counting. Lately, another diet related activity is becoming equally popular — that of salt watching. If your physician puts you on a salt-free, low-sodium diet, you'll be among the four out of every ten people in this country, who are avoiding salt.

Americans like salt. Each of us eats an average of 2 to 2½ teaspoons of it a day — or about 8½ pounds a year. "Not me" you say, "I don't put that much salt on my food." What comes out of your salt shaker at dinner or during cooking tells only part of the story. That accounts for only about one-third of all the salt in your diet. One-fourth to one-half comes from processed foods and therein lies the problem.

By law, ingredients of packaged foods must be listed on the labels in descending order of quantities. How much of it and the percentage of each ingredient is the manufacturer's secret. Is industry willing to share their secrets with consumers?

You will find salt in almost any processed food. As a matter of fact, you will hardly find any without it. Since salt makes foods taste better, manufacturers are not likely to omit or reduce it substantially in the competition for the consumer's dollar. That is of course, unless salt reduction becomes a selling point in the current health trend. Campbell Soup has introduced eight low-sodium soups that will reduce salt content up to 20% in several of its most popular brands. But salt won't be removed from Campbell's biggest seller, chicken noodle condensed soup because the company says its flavor would be ruined. A patient who has been told by a physician to keep sodium consumption down to 2000 mg. (2 grams) a day, would use up over one-half of the day's allowance in a single serving.

Foods that carry nutritional information on their labels such as "salt-free," "unsalted," "low-sodium" or otherwise are represented as being useful in sodium or salt restricted diets, must state how much sodium they contain, expressed in mg. per serving. Such dietetic foods are costlier than their regular counterparts. As usual, you pay more for less.

Common sense will tell salt restricted consumers to stay away from obviously salty foods such as herring, pickles, sauerkraut, anchovies, cold cuts and salted snacks. But would you suspect foods that don't taste the least bit salty, for instance: Cottage cheese, bread, chocolate pudding, ice cream, corn flakes and tomato juice? In fact, an ounce of wheat flakes has twice as much sodium as an ounce of salted peanuts.

A bill introduced in the House suggests mandatory labelling of all sodium content on all processed foods. Food industry trade groups oppose it, fearing negative consumer reaction if the amount of sodium in many popular, unsuspected foods were revealed. In the current anti-regulatory, pro-industry climate, who do you think will win this battle?

In self defense, here are some rule of thumb suggestions:

- Limit obviously salty processed foods.
- Change ingredients in your recipes to limit salt.
- Cook with little or no salt and don't use it at the table.
- Use more fresh and frozen vegetables than canned ones with salt.
- Limit highly salted snacks such as chips, pretzels, crackers and nuts.
- Cut back on catsup, prepared sauces, mustard, relishes, pickles, bouillon cubes, meat tenderizers, MSG, gravy mixes and canned soups.
- Keep the salt shaker out of reach.

EDITOR'S NOTE: "Cooking Without Your Salt Shaker," $3.00; American Heart Association, 7320 Greenville Ave., Dallas, Texas 75231. □

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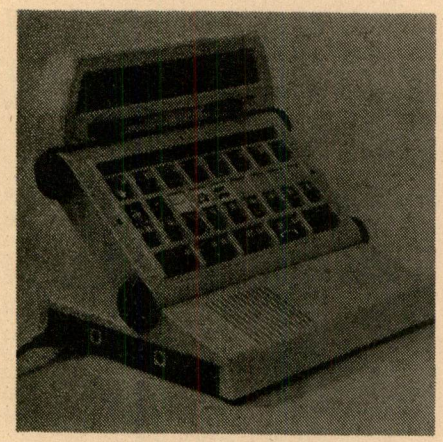


A new microprocessor-based telecommunications and environmental control device for the severely disabled population, the Ability-Phone™ terminal, has been introduced by Basic Telecommunications Corporation of Fort Collins, Colorado. With more than 40 features, the manufacturer states that the Ability-Phone™ terminal provides equivalent telephone service, security and increased independence for severely disabled persons. Major features include automatic phone functions, monitoring of incoming calls, automatic calling for help and environmental controls. □

POOL LIFT

Developed and manufactured in England, Aquanaids states that their fully mechanical, stainless steel lift is so efficient that a 10-year-old child can get a 300 pound man in and out of a pool in just a few seconds, using their device.

Aquanaids reports that the lift is easy to install and operate, and that it is resistant to chemicals used in the pool. It requires no electrical, hydraulic, or pneumatic tubing or piping. □

Male Incontinence System

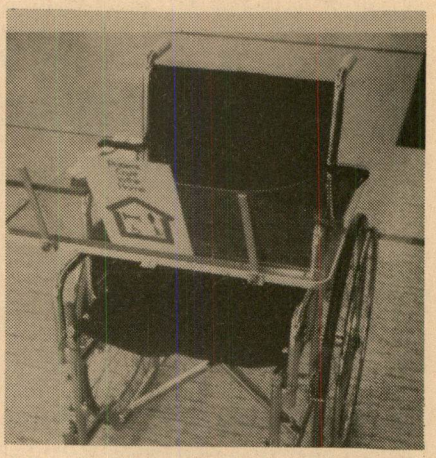
The ConvaTec Division of E.R. Squibb and Sons has introduced the first of a new line of products for male incontinence call the Urihesive™ System. It combines an external connecting catheter, made of soft nonirritating latex, with a Urihesive™ strip which holds the catheter securely in place without constricting the penis. ConvaTec™ says the condom is available in four sizes to insure correct fitting. □

Signal for Assistance

CALL-FOR-HELP is a wireless remote control signalling system introduced recently by Quadra Productions, Inc. By their report, it enables the user to signal for help up to 100 feet away without any connecting wires.

Requiring no installation, the alarm receiver simply plugs into an electrical outlet in the room where the alarm sound will be heard. The alarm is activated by a lightweight, portable signaler which is battery powered. To better serve the needs of the severely disabled, also available are several different easy action switches for use with the CALL-FOR-HELP. □

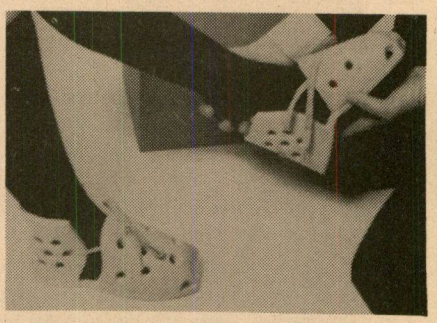
See-Through Tray



Raymo Products has introduced a special see-through tray for wheelchairs. A hinged overlay sheet can be used in a flat or raised position. Used flat, the overlay sheet protects copy work sheets. In the raised position, it can also be used to hold copy or to facilitate reading.

This model, WT-60C, is constructed of ¼ inch clear polycarbon. The working surface is 19 by 24 inches. The tray weighs 3-¾ pounds and is attached with velcro strips. It is available in special sizes, or with cut-outs for power controls or special body needs, says Raymo. □

Cushion Boots



Danmar Products of Ann Arbor, Mich. introduces cushion boots for individuals who need special footwear. The shoes come in four basic sizes covering small to extra large.

The boots are made of ½" shock absorbent foam and are completely plasticized in vinyl, according to Danmar.

Designed to adapt to unusual foot contours without pressure or pain, the boots are vented with ½ diameter holes to allow for a proper air flow. □

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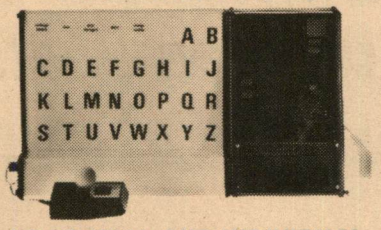

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Crab Crack-ups

by Dyane Trebes

It is possible to sell crabs to a medical research laboratory for $25 each. That's a good price, but those people are not too smart — I got crabs for free one time.

Ruth, my daughter, is "into" crabs, arachnids (spiders) and gastropods (snails) in her biology class. Sounds like fun, huh? We have very open conversations at home, so it was not at all unusual to discuss those pesky little varmints, crabs. I was surprised at the going price for them, for, when I was working in a convalescent hospital, every nurse on the floor had the little devils. Not surprisingly, the patients had them too. This is bad! The director of nurses called a meeting to discuss crabs. Since the patients were all bedridden, it was plain that the crabs were brought into the facility by the nursing staff.

Hospitals are supposed to be clean, antiseptic environments, but I could have made a million dollars on the crabs in that particular crisis. Neither the hospital nor the director of nurses condoned the little beasts; nor did I. We were on a search and destroy mission for days.

On my last trip to Tijuana, I was laughing at this little "crab" incident. My daughters and I were taking my cousin to see all the sights of Tijuana and the subject came up.

My international travel consists of going from San Diego to Tijuana and back. I personally think that's enough foreign travel, for I prefer smooth roads and sidewalks, clean streets and bathrooms. Also, I'm not too fond of "Montezuma's Revenge." Now that I am handicapped, I stay in the good old United States of America.

I have dragged the old foot through Tijuana and I did again that one time, so my cousin from Illinois could see the interesting sights in old Mexico. One interesting sight that she saw, and will never forget, was a flasher down by the phone company. She is the kind of person who loves life and new experiences, so she had a ball telling me about it. I had not gone with her while she made her call back to her husband in Illinois. I have never seen a flasher and I missed this one thanks to my dumb foot. See, handicapped people do miss some things.

We had a great day of good food (in a restaurant where the water is imported and bottled), shopping and music. Since I could not walk back across the border, we took a cab. That was a real experience! Our cab driver was handicapped too — in the logic and reason departments. That cab ride beat anything I had ever ridden in an amusement park.

We were told that when two cars drive directly at each other head on, the newest car has the right of way. Still, there must have been some debate between our driver and all the others because we scraped the paint off the fronts of other cars.

Back at the border, we made a pit stop at the rest room. (Here is where I tie in with the arachnids, gastropods and crabs.) The rest room was jam-packed with tourists all waiting in line.

Ruth must have had biology on her mind, for when she looked at the toilet seat she said in a loud clear voice, "Remember, if we get any crabs, they're worth $25 apiece back in the United States."

"I didn't know we could take anything back across the border," replied one tourist.

Ruth looked at me; I looked at Amy; Amy looked at Laura; Laura looked at Susan ... and we all cracked up! □

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legislative corner

World Trend-Setting by California

by John Hansen

California has always provided a window to the future for the rest of the nation. This has certainly been true in their efforts to integrate persons with disabilities into society. California has taken the lead in bringing about positive change in areas of accessibility, housing and transportation. Also, in teaching independent living skills and providing programs which insure a continuum of services, especially to those with multiple service needs.

AB 243, by Assemblywoman Teresa Hughes, D-Los Angeles, would create a Commission on Affordable Housing, to analyze and evaluate among other things, the effectiveness of agencies and programs in helping produce available, affordable housing. It will also cause the examination of the laws and regulations of state and local governments relating to housing protection and housing consumers.

AB 554, by Assemblyman Tom Bates, D-Oakland, would guarantee full and equal access to all housing accommodations offered for rent, lease or compensation for persons with mental or developmental disabilities. A person who interferes with such rights would be liable for actual damages and in addition, up to $1,000 in punitive fines.

AB 2192, by Assemblyman Gerald Felando, R-San Pedro, would provide an alternative to the sign depicting the handicap insignia. In this bill, parking spaces designated for physically handicapped persons may be outlined in blue markings with a similar handicap insignia on the ground within the space. It would also delete the requirment for a local ordinance or resolution prohibiting unauthorized parking in such spaces as off-street parking areas. This will allow local authorities to enforce state law prohibiting such unauthorized parking.

AB 2083, by Assemblyman Richard E. Floyd, D-Lawndale, would prohibit an insurer, with respect to life, accident, health or annuities, from refusing to insure or from limiting the amount, extent or kind of coverage available to an individual. It would also forbid insurers from charging an individual a different rate of coverage, solely because of blindness or partial blindness. The exception would be where such refusal, limitation or rate differential is based on sound actuarial principals or actual experience.

AB 989, by Assemblyman Tom Bates, D-Oakland, would provide that persons receiving services in the Long Term Funding Program for Developmentally Disabled on June 30, 1981, shall be eligible for rehabilitation services on July 1, 1981, even though the person is not currently eligible for services.

AB 1802, by Assemblyman Don Rogers, R-Bakersfield, would require the State Departments of Health Services, Social Services, Mental Health, and Rehabilitation to adopt rules and regulations which would result in the expansion of long-term care to adults with chronic and degenerative disorders. Additionally, it will insure that a continuum of services is maintained to meet their multiple service needs. □

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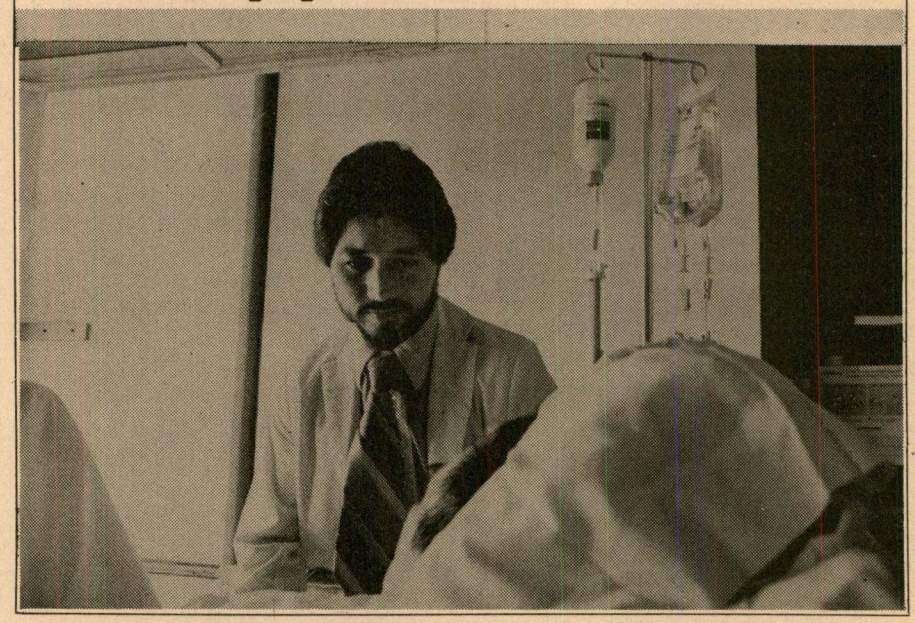

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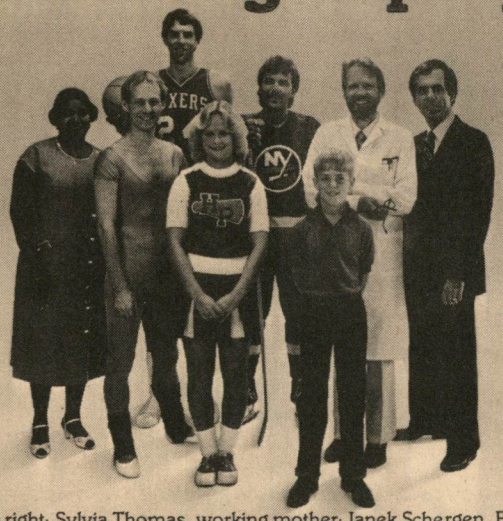

From left to right: Sylvia Thomas, working mother; Janek Schergen, Pennsylvania Ballet; Bobby Jones, Philadelphia 76ers; Suzy Berge, high school cheerleader; Garry Howatt, N.Y. Islanders; Jim Schimmel, 4th grader; Gordon Anderson, PhD, physicist; Tony Coelho, U.S. Congressman.

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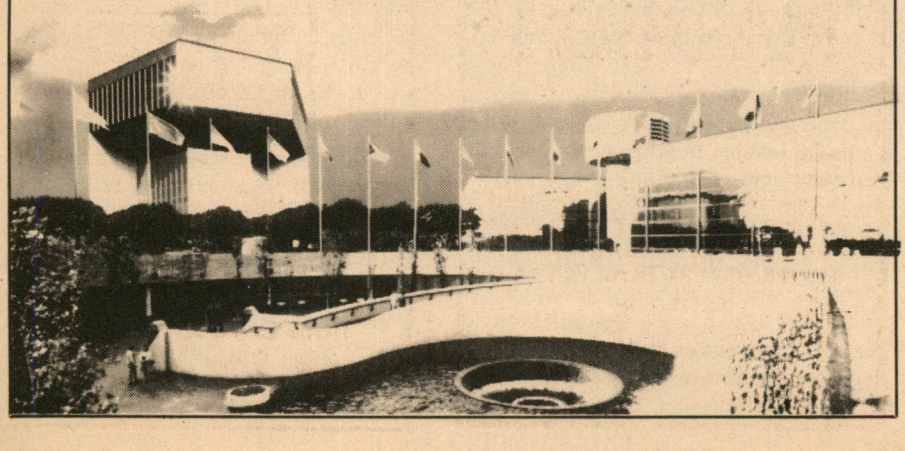


Job Tips

by Tom Hanchett

When you get a job understand that you become part of an organization, and you are an actor in a complex series of interrelationships. First, there is how you do your job; then there are the interactions with your co-workers and your supervisor. If you supervise, include those who look to you for guidance; chances are you could not get your job done without engaging some or all of these interactions at one point or another. Many organizations realize that these interactions are as important to getting the job done as, for example, purchasing a new drill press for the machine shop.

As a result, some organizations are investing in various behavioral science techniques which can help organizational interactions run more smoothly, openly and effectively. Behavioral science concepts in business or government are grounded in a philosophy which author Douglas McGregor called "Theory Y." Some of the major points of this theory are:

- The expenditure of physical and mental effort in work is as natural as play or rest.
- External control and the threat of punishment are not the only means for bringing about efforts towards organizational objectives. People will excersise self-direction and self-control in the service of objectives to which they are committed.
- Committment to objectives is a function of the rewards associated with their achievement.
- The average human being learns under proper conditions, not only to accept but to seek responsibility.
- The capacity to exercise a relatively high degree of imagination, ingenuity and creativity in the solution of organizational problems is widely, not narrowly, distributed in the population.

As you enter the world of work you may find organizations using these concepts as a basis for improving the quality of work life and for the betterment of the individual and the organization. By being aware of them, you can help your organization become a better place to work. □

FUTURE LIFESTYLES PREDICTED

by Michael Herbert Shadick

"The only thing that doesn't change, is that things keep changing." When that wise remark was first uttered unknown milleniums ago, things changed at only a snails pace compared with today. But do people change? Not as rapidly, I'll wager, as their activities! We members of the species Homo sapien seem to possess the same drives and desires, the same wants and wishes as those of our forebearers. Yet we have certainly come up with, and are coming up with, radically new and different ways to satisfy our age-old needs. Such is especially true in the area of human relationships in general, and single relationships in particular. It is that area to which I would like to address myself in this article on the future.

FROM MINUS TO PLUS

There was a time — and not so very long ago to be sure — when singlehood was perceived by many as, at best, a period of waiting for the right mate to come along. At worst, it was a state of unfulfilled loneliness and meaninglessness.

In recent decades, the single state has undergone a rather amazing metamorphosis. Or more accurately, the metamorphosis has occurred not in singlehood per se, but rather, in the manner in which it is perceived by single and non-single people alike. To wit: Singlehood has passed, if you will, from a state of "waiting" or "emptiness," to a state of viability and indeed, in some cases, enviability in terms of a lifestyle alternative. Such is not to imply of course, that the alternatives to singlehood — i.e., marriage, cohabitation or whatever are becoming passe' or old hat. Heaven forbid! All we are seeing is singlehood emerging as one of many personally fulfilling lifestyle choices open to us, rather than an alternative chosen only by default.

Though future predictions are always risky to make, it seems relatively safe to surmise that singlehood will continue to be increasingly perceived as a very positive and inherently valuable lifestyle option. Am I saying that singlehood will be the future state in which to be? Hardly! I wouldn't like to see any state or mode of behavior, singlehood included, become "de rigueur" for humanity at large, to the exclusion of all other states or modes. For it is our flexibility as human beings, our ability to adapt and to change, which is one of our greatest strengths. Such should not be (nor will it be, do I feel) compromised for the sake of any set lifestyle pattern, no matter how inherently superior that pattern might be. In other words, I feel we can fully expect (as can our progeny) to never see a world composed solely of singles! Indeed!

CONTRACTS OF THE HEART

By no means incidently, it should be noted that, of all possible (known) lifestyle patterns, singlehood offers the greatest degree of inherent flexibility. For the fact is that the single person, to a much larger extent than the non-single person, is completely free to pick and choose his or her relationships and to change them at will. Not being locked into any specific legal (or illegal!) contract, the single person can and does make what I call "contracts of the heart." These are nothing more (and nothing less) than informal, non-binding contracts with others — contracts which the single person can make and break as he or she sees fit.

But is it really as simple as that? In a way, it really can be! All of us, singles and non-singles alike, are forever free to make such "contracts of the heart." But it is only the single person, in stark contrast to the non-single person, who is completely and fully free to break the contracts.

Does this render the single to be less of a responsible person than the non-single? Quite the opposite! By being free to enter into and out of interpersonal relationships as freely as humanly possible, the single person is rendered more responsive, not less, to his or her interpersonal needs as well as to the needs of others. That is, the single individual is not bound up in the legal trappings and entanglements of certain interpersonal relationships such as, alas, marriage. Thus is the single person fully free to respond to the wants and needs of the people with whom he or she interrelates, totally unencumbered with any obligations to do so! Save of course, for the self-imposed obligations arising from a "contract of the heart." This latter

state of affairs, is indeed, the most completely responsible state in which a human being can be.

Thus the single person can and does respond to his or her own feelings of his or her "significant others," to a degree that many a non-single can only dream about!

Again however, I wish to point out that this is not in any way intended as a tirade against marriage or against any other legal or legal-type committment for that matter. Moreover, it should and must be acknowledged that there are many many married individuals who are able to respond just as fully and just as freely to their own feelings (as well as to the feelings of their "significant others") as are singles. Yet the fact still remains, that a marriage so long as it is not dissolved, is a binding legal contract which levies certain inflexible requirements on the individuals who have so contracted. To that degree, the contracting parties are not fully free to respond to their "significant others" on the basis of their respective wants, needs and feelings alone. In marked contrast, single persons are free to respond to each and every one of their "significant others" on the basis of their respective wants, needs and desires only. No unwitting entrapments. No binding ties. No seemingly endless tunnels. No nothing, except what really counts in a relationship, namely, the voluntary volition of the individuals involved. In a word, love.

Thus it is that single people can, and more often than not do enjoy more true interpersonal freedom than any other class of individuals on earth. A strong statement? Indeed! And one which attests to the very strength of singlehood itself. In fact, the single person is free not to be free from others, if and when he or she desires such. Now that's what I call freedom!

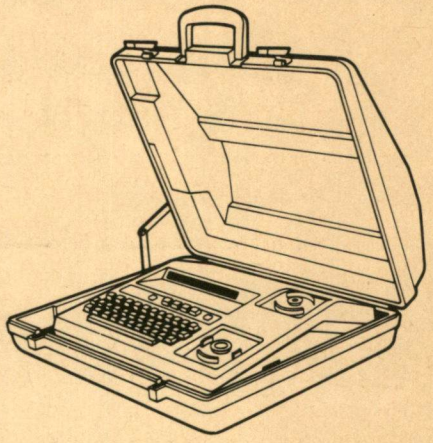
PROGNOSIS: A Singular Renaissance

How will single people of the future differ from today's singles? I feel that the differences will largely stem not from singles themselves, but from the ways in which singlehood in general is viewed by society. This then, is a prognosis of future attitudes towards singlehood on the part of non-singles.

I feel that acceptance of singlehood (which is becoming the case today) will grow into positive endorsement. As a greater and greater percentage of the population opts for singlehood, those who have not so opted will increasingly look to single people for counsel and guidance. Thus will a complete "about face" have taken place regarding the non-single person's view of singlehood, compared to what was the case only a few short decades ago.

Will then singlehood per se, eventually come to be regarded as a singularly utopian Valhalla? Perhaps! Surely, many more single people than is the case today will be distinguishing themselves in many more areas of human endeavor. Part of the reason for this of course, will be the sheer growth in the number of single people. The most significant factor of all is that a growing proportion of all singles will not only be surviving in their single state, but will be thriving. They will be completely comfortable with their singlehood and will indeed be fully fulfilled and satisfied in it. No more will singlehood have even the slightest tinge of self-limitations, which it has long possessed; or rather, has been perceived as possessing. In short then, singlehood will have arrived. It will have emerged from the "dark ages," if you will, into an enlightened age which will no longer view singlehood in terms of problems, but rather in terms of potentials. I for one say, "It will be about time!"

EDITOR'S NOTE: This story first appeared in the Spring 1981 issue of "Today's Single magazine." They can be contacted by writing: Today's Single magazine, Box 11394, Kansas City, Mo. 64112. □



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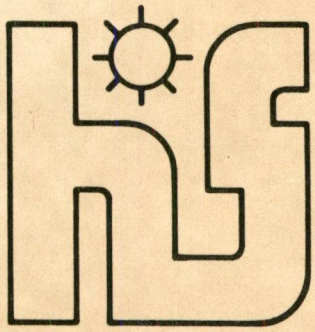

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