

THIS IS LIVING! NEWSLETTER

Available in Alternative Format

January, February, March

Front Page



Welcome the New Year by Sharing Your Feedback!

Independent Living Philosophy and the Role of Consumer Feedback

Central to the Independent Living Philosophy is the recognition that people with disabilities are experts in their own needs.

Table of Contents

- Page 2** Kern County Aging & Disability Resource Connection, plus Newsletter Layout Update for Accessibility
- Page 3** “Did you know?” plus Individual & Systems Change Advocacy
- Page 4** Independent Living Philosophy and the Role of Consumer Feedback
- Page 5** Why Feedback is Crucial in ‘Consumer’ Surveys
- Page 6** Agency Sessions and Training Opportunities
- Page 7** January Sessions
- Page 8** February Sessions
- Page 9** March Sessions
- Page 10** Ed Roberts Day 2025
- Page 11** Revolutionary Wearable Devices, plus Assistive Technology

Kern County Aging & Disability Resource Connection (Kern ADRC)

“One-stop Shop”

No Wrong Door (NWD) System opens the door for consumers, their families, and caregivers to access Long-Term Services and Supports (LTSS) through one organization or agency.



[Click here to visit the Kern ADRC website](#) or contact us

Phone (661) 325 - 1063 | **Video Phone** (661) 369 - 8966

Toll-Free 1(800) 529 - 9541 | **Email** info@ilcofkerncounty.org

Newsletter Layout Update for Accessibility!

This is Living! Newsletter has been updated to meet better accessibility standards. Updates include, but are not limited to:

- Minimum 14-point font size
- Sections and borders help segment the information
- Available Electronic Newsletters (E-Newsletters)

An email might be in your inbox. Check with your case manager for more on how to sign up for the E-Newsletters.

Have any feedback or recommendations for the newsletter?

Feel free to share your thoughts in the Annual Satisfaction ‘Consumer’ Survey!

(Refer to pages 4 and 5 for more on the survey.)

Did you know? [Click here to visit the Pacific ADA website](#)

“You have the right to ask for reasonable [workplace] accommodation(s) when you apply for and after you get a job. You cannot be discriminated against because of a disability when you’re applying for a job and at work. You can take leave (time off from work) if your disability gets worse or you get sick. People also can’t bother you at work because of your disability, and an employer can’t fire or punish you for asking for your Americans with Disabilities Act (ADA) rights... [Also,] when you ask your employer for [workplace] accommodation(s), you’ll need to let them know you need it because of your disability. You do not need to complete a special form or use certain words...”

Contact the Pacific ADA Center to learn more about your rights and protections under the Americans with Disabilities Act (Source: [Pacific ADA](#))



Voice / Relay (510) 831 - 6714

Toll-Free 1(800) 949 - 4232

Email info@adapacific.org

Website www.adapacific.org

Individual & Systems Change Advocacy

Creating positive change and inclusion for people with disabilities through education, advocacy, and community action in Kern County.



Individual Advocacy

Advocating for people with disabilities about their specific disability-related issues.

Systems Change Advocacy

Focusing on broader disability-related issues affecting people with disabilities at local, state, and federal levels.

Connect with our Public Policy Coordinator to learn more about advocating for the rights of people with disabilities.

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Independent Living Philosophy and the Role of Consumer Feedback



Make an impact with your feedback.

Help us grow and improve. Your opinion makes all the difference!

Complete an Annual Satisfaction ‘Consumer’ Survey Today!

The Independent Living (IL) Philosophy is the idea that people with disabilities should have the right to make their own choices, control their own lives, and live with respect in the community they choose. It focuses on giving everyone the same opportunities and breaking down barriers that limit full participation in society whether barriers are physical, how people think, or part of the system. Providing a platform for integration of people with disabilities is a core focus here at ILCKC because our consumer base are people with disabilities.

“... [People with disabilities] must be actively involved in shaping the policies, programs, and services that impact their lives.”

Central to the IL Philosophy is the recognition that people with disabilities are experts in their own needs. Therefore, they must be actively involved in shaping the policies, programs, and services that impact their lives. This person-centered approach challenges traditional models that often place professionals in the decision-making role. Instead, people with disabilities are empowered to lead the way in their journey toward independence. **Welcome the New Year by sharing your feedback!**

[Click here to submit an online ‘Consumer’ Survey](#)



Why Feedback is Crucial in 'Consumer' Surveys

Validates Agency Impact

Receiving direct feedback from consumers about how services have positively influenced their lives provides validation and inspiration for continuing our mission.

Identifies Strengths and Areas for Improvement in Programs & Services

Understanding the diverse needs of consumers allows for focused improvements. Promoting consumer self-advocacy aligns with the IL Philosophy and consumers can take an active role in shaping programs & services.

Ensures Agency Accountability by Actively Seeking Input from Consumers

Valuing consumer voices in decision-making demonstrates a commitment to accountability along with transparency that can foster and reinforce trust.

2022 - 2023 Annual Report

Total Consumers

 New Consumers
 Active Consumers

145

245

390

Annual Satisfaction 'Consumer' Survey Feedback Results⁺

82% of consumers strongly agree that staff have been kind, sensitive, and courteous.

64% of consumers felt very satisfied with services.

70% of consumers strongly agree being encouraged to develop their Independent Living Plan.

⁺ Results based on twelve 2022 – 2023 Annual Satisfaction 'Consumer' Surveys.

Agency Sessions and Training Opportunities



Independent Living Skills

- Interact
- Learn New Skills
- Socialize with Others

Become Independent



Team Advocacy

- Learn Your Rights
- Express Accessibility Barriers & Obstacles

Become an Advocate



Peer Support

- Share Experiences
- Connect with Others
- Gain Insight

Become a Mentor

How to join Independent Living Skills (ILS), Peer Support, and Team Advocacy Monthly Sessions * / * * / * * *

In-Person

Office Location 5251 Office Park Drive, Suite 200, Bakersfield, CA 93309

Zoom Online or By Phone

[Zoom Link: Click Here to Join](#)

Zoom ID 256 654 8249

US Dial-In +1 669 900 9128

Hybrid classes are offered! * / * * / * * *

Notations: * All sessions subject to change,

** Location update, *** Zoom Online will not be available

January Sessions *

Independent Living Skills (ILS), Peer Support, and Team Advocacy

Su	M	T	W	T	F	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January is Braille Literacy Awareness Month!

Office Closed in Observance of New Year's Day

■ Wednesday, January 1st | All Day

ILS Training: *Using your Smart Phone*

■■■■■ Wednesday, January 8th | 2:00 PM – 3:00 PM

Office Closed in Observance of Martin Luther King Jr. Day

■ Monday, January 20th | All Day

Peer Support Group: *Removing Barriers*

■■■■■ Wednesday, January 22nd | 2:00 PM – 3:00 PM

Team Advocacy: *Community Voices*

■■■■■ Monday, January 27th | 1:30 PM – 2:30 PM

- Louise Braille Day, January 4th
- Ed Roberts Day, January 23rd

Session Notations: * All sessions subject to change,
 ** Location update, *** Zoom Online will not be available

February Sessions *

Independent Living Skills (ILS), Peer Support, and Team Advocacy

Su	M	T	W	T	F	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

February is American Heart Awareness Month!

ILS Training: *Financial Literacy*

■■■■■ Wednesday, February 12th | 2:00 PM – 3:00 PM

Office Closed in Observance of Presidents Day

■ Monday, February 17th | All Day

Team Advocacy: *Empowerment*

■■■■■ Monday, February 24th | 2:30 PM – 3:30 PM

Peer Support Group: *Removing Barriers*

■■■■■ Wednesday, February 26th | 2:00 PM – 3:00 PM

- World Cancer Day, February 4th

Session Notations: * All sessions subject to change,
* * Location update, * * * Zoom Online will not be available

March Sessions *

Independent Living Skills (ILS), Peer Support, and Team Advocacy

Su	M	T	W	T	F	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March is Developmental Disabilities Awareness Month!

ILS Training: *Problem-Solving Made Simple*

■■■■■ Wednesday, March 12th | 2:00 PM – 3:00 PM

Team Advocacy: *Championing Change*

■■■■■ Monday, March 17th | 2:30 PM – 3:30 PM

Peer Support Group: *Removing Barriers*

■■■■■ Wednesday, March 26th | 2:00 PM – 3:00 PM

- President Franklin D. Roosevelt Inaugurated into Office, March 4th
- International Women’s Day, March 8th

Session Notations: * All sessions subject to change,
 * * Location update, * * * Zoom Online will not be available

Ed Roberts Day 2025

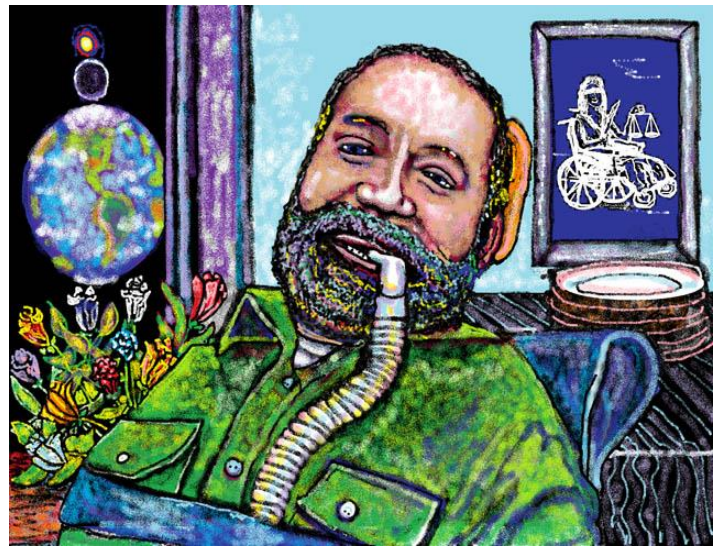
Thursday, January 23rd

Paintings by Patrick Wm. Connally

[\(Click here for image source\)](#)

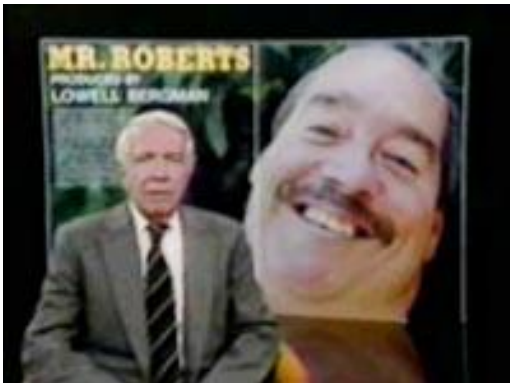
“...American disability rights activist who is considered the founder of the independent-living movement...”

“... [Born on January 23, 1939], Roberts contracted polio at age 14 and was paralyzed from the neck down. Requiring an iron lung or a respirator to breathe... In 1962, after two years of attending a local college, he was accepted to the University of California, Berkeley, but the university, which had been unaware of his disability when he applied, refused to admit him on the grounds that his iron lung would not fit in a dormitory room. Roberts challenged the administration and ultimately was admitted...”



[Click here to read the full article on Britannica](#)

[\(Click here for image source\)](#)



“There are very few people even with the most severe disabilities who can't take control of their own life. The problem is, the people around us don't expect us to.”

- Ed Roberts

[Click here to watch the full interview on 60 Minutes with Harry Reasoner](#)

CHECK OUT THE VIDEO ON *ED ROBERTS, DISABILITY ACTIVIST ON 60 MINUTES*

Revolutionary Wearable Devices

Wearable devices such as the Meta's smart glasses have the potential to revolutionize assistive technology for people with disabilities by providing hands-free access to information and tools that enhance independence. Equipped with features like voice control, augmented reality (AR) overlays, and real-time access to apps, these glasses can assist individuals with visual, hearing, or mobility impairments. For example, AR could enable real-time object recognition or navigation assistance, while voice commands can offer greater accessibility for those with limited mobility. By integrating these technologies seamlessly into everyday eyewear, Meta's smart glasses could significantly improve quality of life and accessibility for users.



(Image source: www.ray-ban.com)

Assistive Technology Services

Here to inform people with disabilities about assistive technology (AT) devices and durable medical equipment (DME) that can help them live more independently.

Services include, but not limited to device demonstrations, computer usage, screen-reader software navigation, JAWS, Zoom Text, and more!

Connect with one of our AT Specialists today!

Phone (661) 325 - 1063 | **Video Phone** (661) 369 - 8966

Toll-Free 1(800) 529 - 9541 | **Email** info@ilcofkerncounty.org



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Connect with us Online!

Instagram | @ILCKC

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Facebook | @ILCKC

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Bakersfield, CA 93309

FREE MATTER
for the blind and
physically disabled

Recipient Name

Street Address

City, ST ZIP Code



Independent Living Center of Kern County (ILCKC)

www.ilcofkerncounty.org