Domestic Violence Awareness Month is October 2022

According to the article, "Domestic Violence and Disability" in Audacity Magazine (Mel Ashford, 4/2022), "Domestic violence rates are twice as high amongst people with disabilities as with non-disabled people." The article states that 1 in 4 women, and 1 in 7 men experience domestic abuse each year. That means 1 of every 2 women and one in every 3-4 men with disabilities experience domestic abuse each year.

Domestic abuse is not just about hitting or physical aggression. Abuse can be verbal, emotional, psychological, financial, spiritual or any form of coercive control. The author states;

Some of the disability-specific issues victims of domestic violence face include:
- Controlling or restricting access to medications and doctors, or even disallowing it completely
- Supervising doctors visits and refusing to allow the victim to attend medical appointments alone
- Using a lack of mobility to abuse the victim sexually
- Encouraging dependency on them, such as becoming a carer or swapping your mobility car for the abuser driving you around (Ashford 2022)

You can read the full article by going to www.audacitymagazine.com/disability-and-domestic-violence/.

HELP IS AVAILABLE

Domestic abuse of any kind is NOT OK! ALWAYS tell someone you trust. Know that there are caring people, including doctors and counselors who will support you. If you need help and don't know what to do, you can contact the police by dialing 911.

You can also get help and support via the following:
- The National Domestic Violence Hotline: 1-800-799-SAFE(7233). A videophone line is also available for D/deaf callers (206) 518-9361. You can also access help via chat.

REMEMBER:
Love is NOT supposed to hurt!

What's new in Arc Advocacy around the country?

Dear Friends,

People with disabilities often face discrimination when trying to access health care. This has been even more evident during the pandemic. To address this problem, Section 1557 was passed as part of the Affordable Care Act. This helps stop discrimination based on disability. It also provides protection for other marginalized communities. The rules were revised in 2020 and left out important protections for people with disabilities during a crisis like COVID-19.

Right now the federal government is considering changes to Section 1557 to help improve health care. The Arc US reports,

"The proposed rule changes would ensure that people with disabilities aren’t given less care because they have disabilities. It would also ensure the right to:
- receive services in the community,
- accessible medical technology and devices, and effective communication,
- including alternative formats and sign language interpreters, if necessary." www.thearc.org

If you would like to support these changes, you can write to your legislators. If you want to advocate in other ways, go to The Arc US website at www.thearc.org, click on the tab "Get Involved" tab, then select from several areas of advocacy to see what more you can do!

Gretchen Sanewsky, Executive Director

What's new in Self-Determination in Wayne County?

As of October 1, 2022 Community Living Services (CLS) will provide Supports Coordination for individuals who wish to self-direct their services and supports. CLS will no longer have any administrative responsibilities. Detroit Wayne Integrated Health Network (DWIHN) now has all administrative oversight of self-directed arrangements.

What does this mean for you? All those who use The Arc NW as their financial management service have been smoothly transitioned. You should continue to receive the services you need to live your best life!
Happy Autumn!

dance and all the other month activities that we have scheduled.
webstore. wwww.facebook.
love the Art at the Art. 312-532-7915. Extension #206
in case we need to cancel a dance: please go to the Art Facebook page

NOTE: see as many great costumes!
Everyone is welcome to dress up for our Halloween dance. We always
is 3:00 at the door for entry. The fundraiser band will be playing their music.
Friday Oct. 14, from 6:30-8:00 pm. We will be selling cider and donuts and it
will all have a lot of bikes to pass out our Halloween candy.
Welcome to the season of Autumn. This is a great time of year for apples. don't

LEKOTEX NEWS

Come see the new Playroom in our Canton building!
LEKOTEX Play and Toy Land is OPEN!