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Learning adds meaning and purpose to our lives. It keeps our minds active and alert. Lifelong learning is a choice for personal growth and fulfillment.

We can learn about whatever interests us—knitting or mechanics, gardening or languages, computers or music. And the interests we pursue may help us find a job, advance our career, make new friends, enjoy retirement or help our community.

Learning keeps us involved with the joys and challenges of life. Learning can take us everywhere.

Share Your Knowledge

Do you know how to make a quilt? Coach a sport? Teach a class at your adult education program, senior center or parks and recreation department.

Call **VOLUNTEER INFORMATION**.

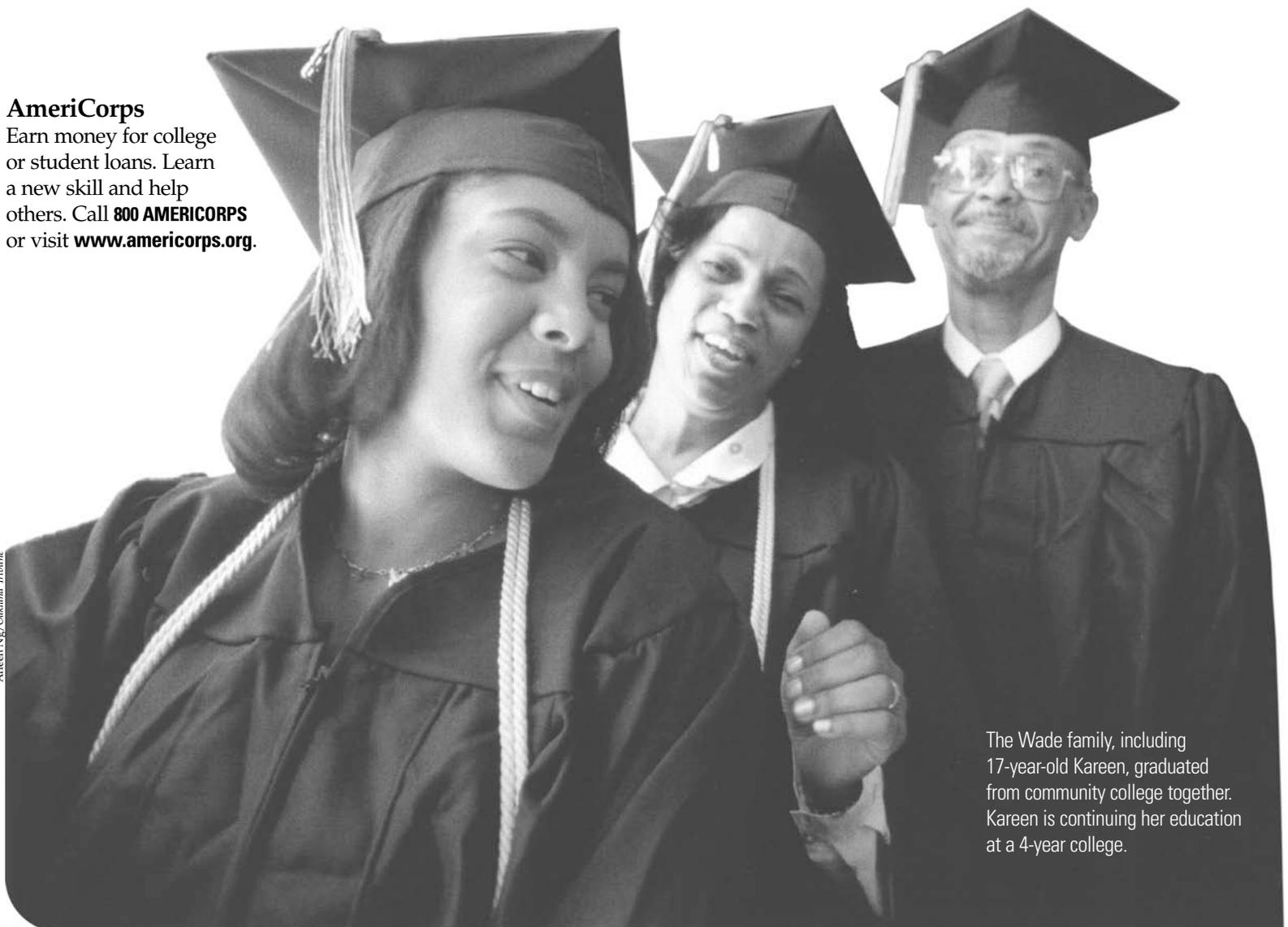
To tutor English, call **800 CALIFORNIA LITERACY**.

AmeriCorps

Earn money for college or student loans. Learn a new skill and help

others. Call **800 AMERICORPS** or visit **www.americorps.org**.

Arleen Ng/Oakland Tribune



The Wade family, including 17-year-old Karen, graduated from community college together. Karen is continuing her education at a 4-year college.

Things You Can Do

Opportunities to Learn

- Museums, public gardens, recreation programs, senior centers and community or cultural centers offer programs and classes.
- Local newspapers, libraries and bulletin boards often have announcements of classes and community events.
- Community colleges are open to everyone. You don't need to finish high school to take classes. Ask for a catalog.
- Adult education programs include classes on computers, languages, cooking and basic reading and math skills. Call **EDUCATION**.
- Elderhostels offer low-cost educational trips for seniors. Call **877 ELDERHOSTEL** or visit www.elderhostel.org.
- Many colleges and universities offer extension programs. You can take evening and weekend classes and even earn a certificate or degree.
- Public education programs must be accessible to people with disabilities. For information, call **800 ADA INFORMATION LINE**.
- If you have a disability and need more education to get a job, you may qualify for help from the Department of Rehabilitation. Call **EMPLOYMENT**.
- Scholarships? Loans? Grants? Talk with a financial aid counselor. Call **800 DIRECT STUDENT LOAN SERVICE** or visit www.finaid.org.

Getting Your High School Diploma

If you didn't finish high school, or went to school in another country, you can still get a diploma or GED certificate. Call your community college, adult education or vocational training program. Many programs offer free or low-cost child care. Call **EDUCATION** or **800 NATIONAL LITERACY HOTLINE**. Visit www.nifl.gov.



Human Issues Collaborative

Sarah says, "I always wanted to paint. There was a class at the adult school and I said to myself, why not now?"

Learn on the Internet

You can learn about almost everything on the Internet—jobs, scholarships, your favorite hobby. Many libraries and schools have free Internet access. Ask the librarian how to search for a topic. See page 65. Find this Guide on the Internet. Visit www.wellnessguide.org.

Learn a Language

To learn a new language, improve your reading and writing skills or study English as a second language (ESL), ask at your library or call **EDUCATION** or **800 CALIFORNIA LITERACY**.

Where To Find Help

Local Phone Numbers

Look in the **Community Services** section in the front of your **Yellow Pages**.

EDUCATION

EMPLOYMENT

VOLUNTEER INFORMATION

Free Statewide Phone Numbers

800 ADA INFORMATION LINE (VOICE)	1-800-514-0301
(TTY)	1-800-514-0383
800 AMERICORPS	1-800-942-2677
800 CALIFORNIA LITERACY	1-800-894-7323
800 DIRECT STUDENT LOAN SERVICE	1-800-848-0979
877 ELDERHOSTEL	1-877-426-8056
800 NATIONAL LITERACY HOTLINE	1-800-228-8813

Websites

www.americorps.org

www.elderhostel.org

www.finaid.org

www.nifl.gov

www.wellnessguide.org

See pages 80–84 for additional Spanish, TTY and website resources.



Shirley Nakao

For services for the Deaf and Hard of Hearing, call **877 DCARA** or visit www.dcara.org.

Disability is a natural part of life. About one in five Californians has a disability. And as we grow older, more of us are living with a disability, such as repetitive strain injury, arthritis or hearing loss.

To live, work and raise families, people with disabilities need access to public places, public transportation, schools, housing and jobs. Laws such as the Americans with Disabilities Act (ADA) help protect our rights. And throughout California, people with disabilities have formed groups to share information and support each other.

Independent Living Centers

These centers are run by people with disabilities. They offer peer counseling, advocacy, training and referrals to help you find a job, a home or an attendant or apply for benefits. Most services are free. Call **DISABILITY SERVICES** or visit www.cfildc.org.

Carmen and Lily are college classmates. Lily is able to go to college because campuses have become more accessible.

Protect Your Rights

- Learn to be an advocate. See page 10.
- For legal help and information, call **800 PROTECTION & ADVOCACY** or visit www.pai-ca.org.
- For legal help for the Deaf and Hard of Hearing, call **877 CALIFORNIA CENTER FOR LAW AND THE DEAF**.
- To report anything that violates the Americans with Disabilities Act (ADA), call **800 ADA INFORMATION LINE**.
- For information on rights to health insurance and accessible health care, call **888 DISABILITY RIGHTS ADVOCATES**.
- The Work Incentives Improvement Act may make it easier to return to work and keep Medi-Cal and other benefits. Call **DISABILITY SERVICES** or visit www.pai-ca.org.



Human Issues Collaborative

Living with Disabilities

Things You Can Do

Networking Tips

- There are advocacy, information and support groups for most disabilities. Call **DISABILITY SERVICES**. Visit www.disabilityresources.org.
- Call an Independent Living Center in your community. Call **DISABILITY SERVICES** or visit www.cfilc.org.
- If you are blind or visually impaired, call **800 AMERICAN FOUNDATION FOR THE BLIND** or visit www.afb.org.
- If you are Deaf or Hard of Hearing, call **877 DCARA** or visit www.dcara.org.
- People First is a self-advocacy group of people with developmental disabilities. Call your Area Board. Call **DISABILITY SERVICES**.
- If you have a psychiatric disability, see page 59. Visit www.nmha.org.
- If you are a parent with a disability, see page 41.
- You can use the Internet to be in touch with people around the world. Visit www.disabilityresources.org.

Resources

- If you can't work or have to stop working because of a disability, see page 31.
- The Department of Rehabilitation may provide training and equipment to help you find a job. Call **EMPLOYMENT**.
- Regional Centers help people with developmental disabilities find housing, jobs, respite care and other help. Call **DISABILITY SERVICES**.



Doug says, "I have a learning disability and this new software really helps me." For more information, call **888 NATIONAL CENTER FOR LEARNING DISABILITIES** or visit www.ld.org.

Tech Savvy

New tools are helping people with disabilities be more independent. The Assistive Technology Network is a statewide list of useful tools and where to get them. You can find out about modifying your car or your kitchen, or find a tool to help you write, cook or take care of your child. See page 65 or call **800 AT NETWORK**. Visit www.atnet.org.

Managing Assistants

You can hire assistants to help with personal care. For tips on hiring, training and supervising assistants, call an Independent Living Center or Senior Center. In Home Support Services at your county Social Services Department may help pay for assistants. Call **DISABILITY SERVICES** or **SENIOR SERVICES**.

Where To Find Help

Local Phone Numbers

Look in the **Community Services** section in the front of your **Yellow Pages**.

DISABILITY SERVICES
EMPLOYMENT
SENIOR SERVICES

Free Statewide Phone Numbers

800 ADA INFORMATION LINE	(VOICE)	1-800-514-0301
	(TTY)	1-800-514-0383
800 AMERICAN FOUNDATION FOR THE BLIND		1-800-232-5463
800 AT NETWORK	(VOICE)	1-800-390-2699
	(TTY)	1-800-900-0706
877 CALIFORNIA CENTER FOR LAW AND THE DEAF	(VOICE/TTY)	1-877-332-3529
877 DCARA	(VOICE)	1-877-322-7299
	(TTY)	1-877-322-7288
888 DISABILITY RIGHTS ADVOCATES		1-888-926-0274
888 NATIONAL CENTER FOR LEARNING DISABILITIES		1-888-575-7373
800 PROTECTION & ADVOCACY	(VOICE/TTY)	1-800-776-5746

Websites

www.afb.org	www.disabilityresources.org
www.atnet.org	www.ld.org
www.cfilc.org	www.nmha.org
www.dcara.org	www.pai-ca.org