

**FALL 2021**

*Center for Accessible Resources*

## **Employee Tips**

### **Spotlight: ADA/504 Training for all employees**

**Americans with Disabilities Act Overview** available in [SafeColleges](#)

This course is designed for staff and faculty to provide an overview of the Americans with Disabilities Act (ADA) and how it might apply in schools. The training will cover ADA basics, such as what qualifies as a disability and reasonable accommodation, program accessibility under title II, the differences between the Individuals with Disabilities in Education Act and the ADA, and effective communication in the educational context.

**Total Course Duration:** 33 minutes

**Available Languages:** English and Spanish

### **CAR's Lane Weekly Tips Fall 2021:**

#### **Week 1**

**CAR has discontinued the use of the Modified Agreement for the following eligibility/accommodations:** Consideration of Modified Attendance and Consideration of Modified Due Dates – effective June 18, 2021. Faculty will no longer be asked to fill out an additional form for students to access these reasonable approved accommodations. Updated information is available in the Letter of Accommodation. Faculty questions may be directed to their Academic Dean, or for further clarification please reach out to CAR at [accessibleresources@lancc.edu](mailto:accessibleresources@lancc.edu).

#### **Week 2**

**Invisible Disabilities Week is October 17-23:** Invisible Disabilities Week began in 2014 by the Invisible Disabilities Association (IDA). Their goal remains the same: to educate, support and bring awareness to the world. IDA defines invisible disability as it refers to symptoms such as debilitating pain, fatigue, dizziness, cognitive dysfunctions, brain injuries, learning differences, and mental health disorders, as well as hearing and vision

impairments. Some examples of invisible disabilities include depression, dyslexia, chronic pain, or diabetes.

This year, Invisible Disabilities Week runs from Oct. 17-23. Join CAR as we celebrate those who bring courage to their daily lives. If you live with invisible disabilities and would like to [share your story with IDA, submit a video, photo, art, meme, or essay online](#) between Oct 1-31 to the Invisible Disabilities Association. You could find your submission highlighted at their 2021 Awards Gala on Oct 23 aired live worldwide. Submitted by CAR.

**Letter of Accommodation:** Have you received an email with a title that looks like this?

[CAR] ACCOMMODATION NOTIFICATION for L999999, MTH 65 (CRN: 20920)

This is a Letter of Accommodation (LOA) from CAR! The Letter of Accommodation is confirmation for faculty members that the student has established reasonable, approved accommodations with CAR and is effective immediately from the date listed on the LOA. LOAs are sent out electronically every term by CAR and state the student is qualified to receive the specific, reasonable accommodations identified in the student's letter. Approved, reasonable accommodations should not be denied on a blanket basis, but need be considered on a case-by-case basis in consultation with your department Dean and CAR. Some of the language used to identify accommodations has changed. Please contact the accommodation specialist listed on the Letter of Accommodation if needing any clarification.

### **Week 3:**

#### **Zoom transcription and recording as Universal Design for Learning:**

If you receive a Letter of Accommodation (LOA) from CAR that states a student's approved accommodation is to Record Class Lectures, Zoom has a built-in feature that allows the faculty member (host) to record or allow a student (participant) to record the lecture. Additionally, posting the recorded lecture to your course Moodle pages is an excellent example of Universal Design. Thank you for supporting LCC students with disabilities by ensuring LCC courses and material are accessible to all regardless of ability. CAR is a source of support for LCC faculty so please do not hesitate to reach out to CAR at (541) 463-5150 if you would like to schedule a faculty consultation with a CAR professional staff member.

**World Mental Health day on 10/10:** Although the date passed on October 10th, World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual awareness program to bring attention to mental illness and its major effects on peoples' lives worldwide. For students, the [LCC Mental Health & Wellness Center](#) can provide support, services, and referrals. The Oregon chapter of the [National Alliance on Mental Illness](#) also provides resources, a helpline, and online support groups.

#### **Week 4**

#### **October is [National Disability Employment Awareness Month](#)**

**(NDEAM):** NDEAM is held each October to commemorate the many and varied contributions of people with disabilities to America's workplaces and economy. The theme for this year's event is "America's Recovery: Powered by Inclusion," reflecting the importance of ensuring that people with disabilities have full access to employment and community involvement during the national recovery from the COVID-19 pandemic. Register for the NDEAM virtual celebration with the Department of Labor U.S. Secretary, Marty Walsh [here](#) and read the President's proclamation on National Disability Employment Awareness Month [here](#).

#### **Week 5**

**National Stress Awareness Day** is a sponsored event by the International Stress Management Association (ISMA), which is a registered charity promoting knowledge about stress, best practices for stress management, well-being, and performance that are recognized nationally and internationally as well. National Stress Awareness Day, every first Wednesday in November, was founded by Carole Spiers, the chairperson of ISMA, to increase public awareness and help people recognize, manage, and reduce stress in their personal and professional lives. It provides comprehensive guides for people to monitor stress management, look after their health and well-being, and improve their workplace performance on a day-to-day basis. Chronic stress, that is, failure to deal with it for a long time and remaining in a prolonged and constant feeling of stress can lead to

life-threatening problems. From hypertension, heart disease, decreased immunity, loss of sociability, and decreased mental vitality, stress is not to be taken lightly!

## **Week 6**

**Referring students to CAR:** When referring a CAR student in your class to other LCC resources, it is important not to disclose their affiliation with CAR in the referral unless the student specifically agrees for you to do this. Only the student can decide to disclose their disability, and the student's disability status should not be disclosed in referral forms or emails with departments outside of CAR unless specifically requested. If a student discloses a disability, you may direct them to the [CAR webpage](#) and student application [here](#). Thank you for supporting LCC students with disabilities by ensuring LCC courses and material are accessible to all regardless of ability. CAR is a source of support for LCC faculty so please do not hesitate to reach out to CAR at (541) 463-5150 if you would like to schedule a faculty consultation with a CAR professional staff member.

## **Week 7**

**Dyscalculia:** <https://www.readandspell.com/us/dyscalculia-in-adults>

Dyscalculia is a learning difficulty that affects an individual's ability to do basic arithmetic such as addition, subtraction, multiplication, and division. Adults with dyscalculia often take longer when working with numbers and may be more prone to making mistakes in calculations, leading to higher levels of anxiety and frustration. Dyscalculia is not a reflection of low intelligence, nor does it mean an adult will not be successful working through higher order mathematical reasoning.

People with dyscalculia experience challenges with math in different ways, varying from person to person and can look different at different ages.

Common signs of dyscalculia include trouble:

- Grasping the meaning of quantities or concepts like biggest versus smallest
- Understanding that the numeral 5 is the same as the word five
- Remembering math facts like times tables
- Estimating
- Judging speed or distance

- Understanding the logic behind math
- Holding numbers in their head while solving problems

**Consultation with CAR:** CAR is currently in the process of updating our website and faculty resource guide. We thank faculty for their patience during this process. Please stay tuned to the CAR webpage for updates. CAR is also working on a document that includes clarification on some frequently asked questions. CAR is a source of support for LCC faculty so please do not hesitate to reach out to CAR at (541) 463-5150 or via email at [accessibleresources@lanecc.edu](mailto:accessibleresources@lanecc.edu) if you have questions, or would like to schedule a faculty consultation with a CAR professional staff member or have CAR present to your academic area/department.

### **Week 8**

**World COPD Day is November 17th:** Chronic obstructive pulmonary disease, (COPD) refers to a group of diseases that cause airflow blockage and breathing problems. It includes emphysema and chronic bronchitis. COPD makes breathing difficult for 16 million Americans. There is no cure for COPD, but it can be treated. Each year [GOLD](#) coordinates preparation of World COPD Day materials and resources. World COPD Day activities are organized in each country by health care professionals, educators, and others, who want to help make an impact and raise awareness. The first World COPD Day was held in 2002. Each year organizers in over 50 countries carry out activities making the day one of the world's most important COPD awareness events. The 2021 theme for World COPD Day is "Healthy Lungs – Never More Important" and takes place November 17th. This year's aim is to highlight that the burden of COPD remains, in spite of the ongoing global COVID pandemic.

### **Week 9**

#### **CAR Students and Letters of Accommodation (LOA's) from CAR:**

CAR would like to remind faculty that a formal Letter of Accommodation from CAR serves as immediate notice of a student being eligible for the accommodations listed on the letter. The student is not required to speak with you directly in order to receive the accommodations, but a conversation should take place between the student and faculty member to discuss how the accommodations will be implemented. CAR is a source of support for LCC faculty so please do not hesitate to reach out to CAR at (541) 463-5150 or

via email at [accessibleresources@lanecc.edu](mailto:accessibleresources@lanecc.edu) if you have questions, or would like to schedule a faculty consultation with a CAR professional staff member.

**Winter term textbooks:** Winter term textbook information: As fall term winds down and instructors start to plan for winter term classes, CAR would like to remind faculty of the importance of submitting any class textbook information to the Titan Store as early as possible and before the holiday break. This helps to ensure CAR students with approved Alternate Formats accommodations are able to receive their materials in good time for the start of the winter term. Thank you for supporting LCC students with disabilities by ensuring LCC courses and material are accessible to all regardless of ability. CAR is a source of support for LCC faculty so please do not hesitate to reach out to CAR at (541) 463-5150 if you would like to schedule a faculty consultation with a CAR professional staff member.

## **Week 10**

**Reminder - ADA/504 Training: For all employees**

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**Finals Week** Coming Soon!