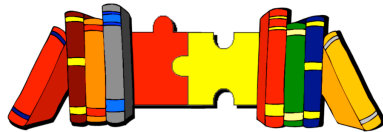


# How to Program for Children & Adults with Disabilities

## DO-IT CONFERENCE

November 8, 2018

Libraries  
and Autism



We're connected.

**Dan Weiss**

Co-Founder Libraries and Autism  
Director, Fanwood Memorial Library

**Karen Z. Kowalski, MPH, OTR**  
Director of Adult Services  
The Arc of Somerset County



**PEOPLE WITH DISABILITIES**  
 consist of the nation's largest minority group, as well as the only group that any of us can become a member of at any time



**1 IN 4 PEOPLE**  
 65-69 years of age  
 have a severe disability



**56.7 MILLION PEOPLE**  
 in the U.S. have some sort of disability

**38.3 MILLION PEOPLE**   
 have a severe disability

**30.6 MILLION**  
 people in the U.S. have a physical disability that affects the ability to walk



**THE ELDERLY**  
 are the largest population living with a disability



**3.6 MILLION PEOPLE**  
 in the U.S. use a wheelchair

**AROUND 15%**  
 of the world's population lives with disabilities

**Disability Impacts ALL of US**



A Snapshot of Disability in the United States

**1/3 OF DISABLED INDIVIDUALS**  
 require assistive technology to be able to take care of themselves at home

**ABOUT 764,000**  
 children and adults in the U.S. currently have cerebral palsy



**22%**  
 of adults in the United States have some type of disability

# Librarians



What my parents think I do.



What my friends think I do.



What my boyfriend thinks I do.



What my patrons think I do.



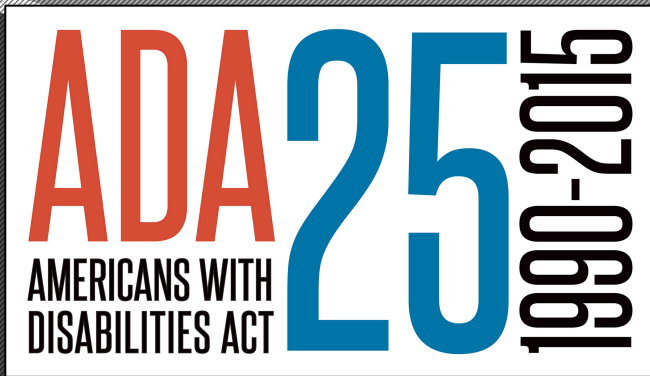
What the taxpayers think I do.



What I actually do.

# Barriers to Inclusion

- ⊙ Individuals with disabilities can feel excluded for any number of reasons, and their families can avoid community interaction because of their child's “inappropriate” tendencies.
- ⊙ There are often no outward physical characteristics or prosthetics signaling a person with a developmental disability as having a disorder.
- ⊙ Onlookers might misunderstand the person's behavior and/or the caregiver's reactions.



*It's the LAW*

The Individuals with Disabilities Education Act (IDEA)  
and the Americans with Disabilities Act (ADA)  
were passed specifically to ensure that  
people with disabilities have  
equal access to community life and facilities.



# Getting Closer

## The Right Frame of Mind



**em • pa • thy**

*noun* \ 'em-pə-thē \

The ability to step into the shoes of another person, aiming to understand their feelings and perspectives, and use that understanding to guide your actions.





# Programming Strategies That Work

# INCLUSIVE PROGRAMMING ?

inclusion



capacity

diversity  
openness  
extra-  
high  
improvement  
moral  
educators  
success  
un-  
embrac

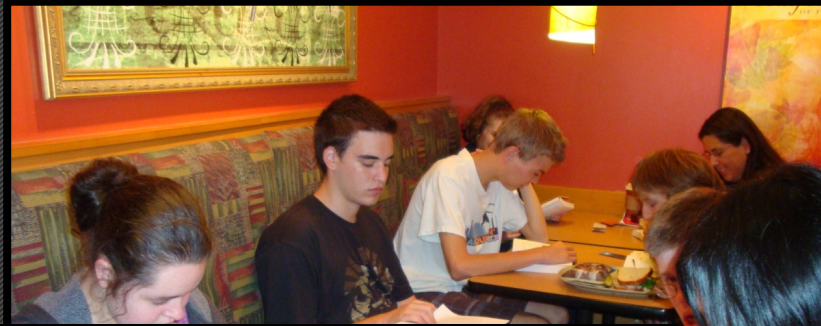
awareness  
sensitive  
re-thinking  
Yahoo  
support  
mainstream  
education  
community  
collaboration  
children  
current  
student-centered  
professional  
honesty  
training  
hard-work  
respect  
movement  
include



# INCLUSIVE PROGRAMMING IDEAS

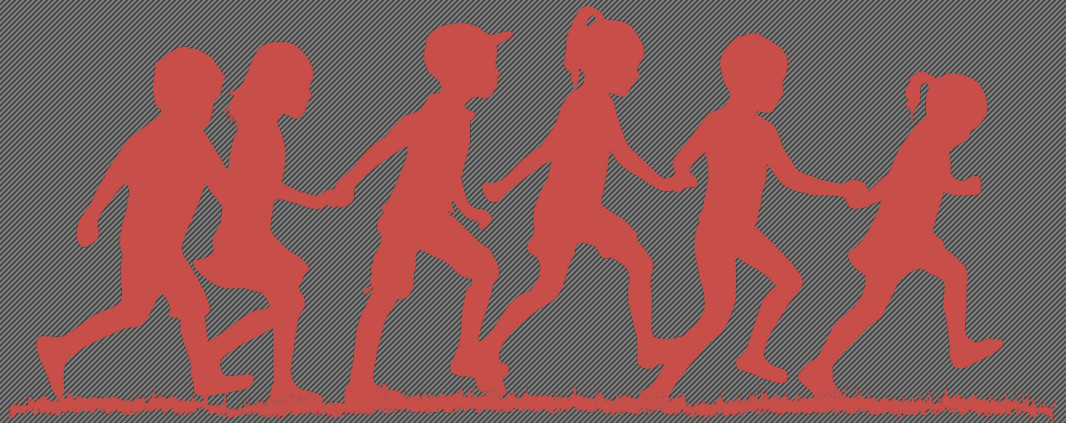
- ⦿ Chess Club
- ⦿ Inclusive Family Programs
- ⦿ Open Play Groups
- ⦿ Family Musical Performances
- ⦿ Drop-in Gaming
- ⦿ Social Clubs
- ⦿ Scavenger Hunts
- ⦿ Arts & Crafts
- ⦿ Lego Clubs
- ⦿ Gardening Programs
- ⦿ Cooking or Exercise
- ⦿ Summer Reading Program
- ⦿ Family Movie Programs
- ⦿ Makerspace Programming
- ⦿ Yoga
- ⦿ Reading to Dogs
- ⦿ Disposable cameras

# Adapted or Targeted Library Activities



# Adapted or Targeted Library Activities

- ⦿ **Next Chapter Book Club**
- ⦿ **Sensory Storytimes**
- ⦿ **Sensory Friendly Films**
- ⦿ **Storytime for the Blind**
- ⦿ **Therapy Dog Programs**
- ⦿ **Special Needs Fair**
- ⦿ **Reading Buddy Programs**
- ⦿ **Blogging Workshop**
- ⦿ **Sensory Friendly Performances**
- ⦿ **Special Education Class Visits**
- ⦿ **Braille Buddies**
- ⦿ **Art Therapy Programs**
- ⦿ **Open House Events Before Hours / After Hours**
- ⦿ **Early Intervention Play Groups**



# Other Considerations

# Adapted Materials

⦿ **Materials should be simple.**

- ⦿ few words on a page
- ⦿ pictures to explain them

⦿ **Use hands-on and meaningful activities.**

⦿ **Use adapted books.**

⦿ **Depend on Social Stories: step-by-step activity descriptions with words and pictures.**





# Calming Space Social Narrative

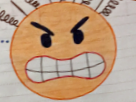
A social narrative for using the Galaxie Library Calming Space














DAKOTA COUNTY LIBRARY



I need to get calm



1. Get a comfy seat  

2. Choose a calm down tool:  

3. Set the timer 2:00 minutes  

4. Back to work!  


# Walk the Walk



**Individuals with physical or developmental disabilities can make a valuable addition to your library's staff and volunteer force.**



**Model Inclusion**

# Community Collaboration



*family-centered  
autism support*





# What programs do adults/older adults with intellectual and/or developmental disabilities enjoy?

chess

pottery

yoga

painting

learning a new language

Discussing books and movies

Emailing friends

gardening

listening to music

Learning new cooking recipes

learning to dance

creative writing

Learning an instrument

scrapbooking

sports

meditation

collecting memorabilia

Learning sign language

graphic design

## How to start

- ① Focus group
- ① Mom-to-Mom group
- ① Determine community based groups who regularly attend the library
- ① Contact community based organizations (i.e. The Arc of Somerset County, etc)

● Library tour  
scavenger  
hunts

● Movie  
discussion

● Book club

● Volunteerism –  
pairing with  
older adult  
population

● Flower pens,  
bookmarks,  
pencil  
containers

● Safety and Health:  
police, doctors,  
yoga instructors –  
others from the  
community

● Therapy reading  
dogs, park rangers,  
gardening

● Local musicians,  
age appropriate  
crafting, painting,  
water colors,  
beading

Ideas for Programs

- Veteran's day – making gifts for veterans, organizing boxes for soldiers

- Valentine's day, etc – making items to donate to local nursing homes

- Computer tutorials, summer, fall, winter reading clubs

- Celebrated days – international puzzle day, macaroni day

- Memorable events in history, pop culture

- Collections – baseball cards, memorabilia

- Chess club, games club

- Awareness month activities

**Ideas for Programs**

# Why engagement in activities is so important... people remember...

- ① 10 percent of what they READ
- ② 20 percent of what they HEAR
- ③ 30 percent of what they SEE
- ④ 50 percent of what they SEE and HEAR
- ⑤ 70 percent of what they SAY and WRITE
- ⑥ **90 percent of what they DO.**



# Activity Analysis

- ① Flower pen creation
- ① International Puzzle Day

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**Questions?**