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ACCESSIBLE COVID-19 TESTS

For People Who Are Blind or Have Low Vision

Testing is a critical part of the fight against COVID-19, but some people who are blind or have low vision face barriers using many of the COVID-19 tests on the market. On June 23, 2022, the Biden-Harris Administration launched a new initiative to expand the availability of testing options that are more accessible for people who are blind or have low vision.

Tests can be ordered online at covidtests.gov or by calling 1-800-232-0233. Each order will include 2 rapid-antigen tests that are more accessible for people who are blind or have low vision. Orders will ship free, while supplies last.

A compatible Bluetooth-enabled smartphone is needed to use the test. Users will need to download and install a free app from the Apple App Store (for iOS) or Google Play Store (for Android). The test works with the app to provide audio step-by-step instructions for administering the test and audio test results.

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National Cleft & Craniofacial Awareness and Prevention Month
National Fragile X Awareness Month
UV Safety Awareness Month
Sarcoma Awareness Month

Still Going Strong

Common Injuries as We Age — Motor Vehicle Crashes

There were more than 46 million licensed older drivers, age 65 and older, in the U.S in 2019. That is 1 out of every 5 drivers. This is an increase of 60% since 2000. Driving helps older adults stay mobile and independent, but the risk of being injured or killed in a traffic crash increases as we age.

Our vision and ability to reason and remember declines as we age, and physical changes might affect our driving. Certain medical problems increase the risk of car crashes. These include heart disease, dementia, sleep disorders, and limited hearing and vision. Medicines used for sleep, mood, pain, and allergies might affect driving safety. This includes both prescription and over-the-counter medicines.

Over 8,000 older adults died in traffic crashes and nearly 252,000 were treated in emergency departments for crash injuries in 2019. This means that each day, 22 older adults are killed and almost 700 are injured in crashes.



Preventing a Motor Vehicle Crash

You can take action to stay safer on the road and stay independent longer.

Always wear a seat belt as a driver or a passenger. If you are in a crash, wearing a seat belt is one of the most effective ways to reduce your chance of getting injured. It can even save your life.

Drive when conditions are safest, during daylight and in good weather. Conditions such as poor weather (like rain or snow) and driving at night increase your chance of a crash.

Never drink and drive. Alcohol reduces coordination, impairs judgement, and increases the risk of being in a crash.

Plan your drive. Before you drive, find the safest route with well-lit streets, intersections with left-turn signals, and easy parking.

Watch your distance. Leave a large following distance between your car and the car in front of you. You may experience delayed reflexes or slower reaction time as you age.

Don't drive distracted. Avoid distractions in your car, such as listening to a loud radio, talking or texting on your phone, and eating.

Get a ride. Consider alternatives to driving, such as riding with a friend or family member, taking a ride share service, or using public transportation if possible.

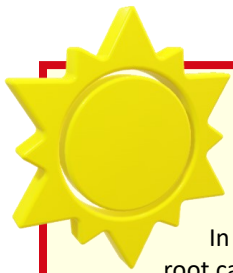
Speak up. Discuss your ability to continue driving with your healthcare providers. Ask your doctor or pharmacist to review the medicines you take. Some medicines might make you dizzy, sleepy, or slow your reaction time. This can increase your risk for a car crash. Have your eyes checked at least once a year. Poor vision can increase your risk of a car crash.

Keep moving. Follow a regular activity program to increase strength and flexibility.

Plan ahead. Download and use CDC's [MyMobility Plan](#) to make a plan to stay mobile and independent as you age.



Source: <https://www.cdc.gov/stillgoingstrong/about/common-injuries-as-we-age.html>



UV Awareness

In July, we raise awareness that UV is the root cause of most skin cancers and encourage the public to take precautions. The AAD recommends that the public #PracticeSafeSun the year-round by following three simple steps while outdoors:

- **Seek shade when appropriate**
- **Wear sun-protective clothing and accessories**
- **Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher**

Source: <https://www.aad.org/member/advocacy/promote/uv-awareness>

Many Older Adults Don't Protect Their Skin From the Sun



Less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. This may raise their risk of getting skin cancer.

Each year in the United States, more than 5 million people are treated for skin cancer at a cost of about \$8.1 billion. Most cases of skin cancer are found in people older than 65 years of age, but little attention has been given to ways to reduce skin cancer risk among people in this age group. Because older adults are living longer, the need for public health efforts to promote life-long skin health is more critical than ever.



Sun-Protective Clothing

In addition to seeking shade and applying sunscreen, wearing sun-protective clothing goes a long way in protecting you from the sun's harmful UV rays, which can increase your risk of skin cancer. However, not all clothing is created equal when it comes to sun protection, as some garments provide better UV protection than others. The key is to look for dense fabrics and dark or bright colors and pair those with the appropriate accessories.

To help protect your skin from the sun, dermatologists recommend wearing the following items:

- **Lightweight and long-sleeved shirts and pants**
- **Sunglasses with UV protection**
- **A wide-brimmed hat**
- **Shoes that cover your feet**

Source: <https://www.cdc.gov/cancer/dcp/research/articles/older-adults-protect-skin-sun.htm>

Celebrate. Learn. Share.

ADA32



Americans with Disabilities Act

Credit: ADA National Network (adata.org) 1-800-949-4232

On July 26, 2022 the
Americans with Disabilities Act (ADA)
turns 32!

★ Celebrate ★

Celebrate the 32nd Anniversary of the Americans with Disabilities Act (ADA)!

- **Tell us your story!**
- Use any media of your choosing (video, pictures, written word, or other).
- Then on social media:
 Tweet #ADA32
 Facebook use #ThanksToTheADA

★ Learn ★

- **View** ADA publications and videos at:
 <https://adata.org/ada-publications>
- **Take** ADA training courses at:
 <https://courses.myadalearning.org/courses>
- **Get** answers to ADA questions at:
 <https://adata.org/guide/americans-disabilities-act-questions-and-answers>

★ Share ★

Share what the ADA means to you! Have fun and be creative!

- Use any media of your choice (video, picture, written word, or other).
- **Post** to social media with #ThanksToTheADA to share!
- Make your content accessible by including alternative text, captions, transcripts, and color contrasts that work for everyone. For quick and easy how-to videos on making accessible social media content visit the Rooted in Rights playlist "Accessibility is Cool".

Source: <https://adaanniversary.org/>



New Wyoming Election Law

For the first time, starting this year, all Wyoming voters must present their identification before casting their ballots in person.

Acceptable forms of ID include a current Wyoming drivers' license, some student ID cards, or a passport. A valid Medicare or Medicaid card will also be recognized. Find a full list at sos.wyo.gov/Elections/VoterID.

Wyoming's Tuesday, Aug. 16, primaries will determine which candidates will run in the November general election for the state's seat in the U.S. House and seats in the state Senate and House, as well as for governor, secretary of state, judges and other statewide offices.

Source: June 2022 aarp.org/bulletin



Fragile X Awareness Month

Fragile X syndrome (FXS) is a genetic condition that causes intellectual disability, behavioral and learning challenges, and various physical characteristics. Though FXS occurs in both genders, males are more frequently affected than females, and often with greater severity.

Life expectancy is not affected in people with FXS because there are usually no life-threatening health concerns associated with the condition. There is no cure, but therapies, interventions, and medications are often prescribed to treat behavioral symptoms like anxiety, aggression, and ADHD.

Fragile X Awareness Month concentrates the effort to educate, research, advocate, and support by combining voices to amplify messages far and wide. You can join the effort and work with others to amplify this impact.

Visit fragilex.org for more information about how you can get involved and help spread awareness.

Source: <https://fragilex.org/>



MISSION STATEMENT

To establish, expand, protect, and enforce the human and civil rights of persons with disabilities through administrative, legal, and other appropriate remedies.

CONTACT US

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Cheyenne, WY 82009
307.632.3496 voice or relay
800.625.7648 clients only
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ACCESSIBLE COVID-19 TESTS

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The more accessible tests are recommended for individuals who do not have other options for using the standard COVID-19 tests such as receiving help from a trusted family member or friend or using assistive technology such as AIRA or Be My Eyes.

The trained staff at the Disability Information and Access Line (DIAL) can provide additional assistance with ordering tests, understanding instructions, and connecting individuals with local testing options. Call 888-677-1199 Monday-Friday from 9a.m. to 8p.m. (Eastern) or email DIAL@usaginganddisability.org.

Source: <https://acl.gov/news-and-events/announcements/now-available-free-home-covid-19-tests-people-who-are-blind-or-have>