

HMD Alliance Newsletter

INTRODUCING . . .

. . . an **HMD Self-Monitoring Tool**. The variability of our limitations is challenging for us and those who care about us. The Tool below can help you assess yourself each morning & let others know your “score.” Download a printable version from the HMD website under **HMD Self-Care**.

Together we can make a difference!

May Challenge

You have asked for wheelchair assistance at the airport & staff tell you to hop on a cart. You know from experience that the cart will let you off 150 feet from seats near the jet way door.

Your comfortable distance to walk, without sitting down to rest, is 50 feet.

What action could you take so that you walk no more than 50 feet?

Send in your suggested actions and we will publish them in June.

Best Practice Partners

The best way that we can demonstrate what accessibility means for people with HMD is to partner with companies interested in making their facilities accessible. Is there an organization in your community that would want publicity as a best practices model?

If you have a possibility with such an organization, please contact us and let us know.

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|--|--|---------------|----------|--|--------------------------|--------|
| © Hidden Mobility Disabilities Alliance 2017 | | Level of Pain | | | Date: | Score: |
| | | Low | Moderate | High | Implications for my day: | |
| Quality of Sleep | Fully | A | B | C | | |
| | Somewhat | B | C | D | | |
| | Not | C | D | F | | |
| Score | Circumstances | | | Implication | | |
| A | Feel good; well-rested; relatively pain free | | | May be tempted to walk further or stand longer than is really comfortable, so need | | |
| B | Somewhat rested; pain low to moderate | | | Able to handle everyday tasks without negative consequences if stop walking or | | |
| C | Not very rested; likely to have difficulties | | | Need to be selective about activities that involve walking or standing | | |
| D | Not very rested; pain may interfere with concen- | | | Need to be careful not to overextend or to be cranky inappropriately with others | | |
| F | Not very rested; pain intense; pain will interfere with concentration & result in irritability | | | Need to restrict walking & standing as much as possible; consider rescheduling activities to another day | | |

HELP OUR HMD ALLIANCE GROW—INVITE FRIENDS TO JOIN!

Core Member Contributions

We want to thank two of our active Core members for their contributions. John Griffin has helped develop ideas for how we can stay mobile & also sent in this best practice photo from his bank.

Suzanne Wright has been talking with service organizations she knows about becoming partners.



Solving the April Challenge: Distance to Sign In for Fitness Center

- Take an advocate with you to explain the access barrier.
- Go directly to the Fitness Center & wait for staff to approach you.
- Arrange to sign in by cell phone.

Educate others!

Visual cues are excellent for self-advocacy & to educate others. Order [Hannah’s HMD buttons](#).

13 Core Members
90 Supporting Members

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