

dis-abled Individuals Sharing Ideas for Everyday Success (DAISIES)

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***REQUEST FOR STORIES and TIPS
BY ADULTS, YOUTH AND PARENTS OF
PEOPLE WITH DISABILITIES***

(Please feel free to forward/share this with others.)

Project Overview:

Who better than individuals with disabilities to assist and inform other individuals with disabilities on how to live extraordinary, successful and independent lives?

Purpose:

As a diverse group of men and women with varying levels of disabilities, we have faced many obstacles and surpassed each one with knack, determination, eventual success and true creativity. Our one unified goal: to help other individuals with disabilities live a successful life. Each of us are successful in our own way, and it is our hope that the information included in this book will reach millions of people with disabilities enabling them to think more creatively, solve challenges with tried and true solutions and empower them live a productive and fulfilling life despite having to deal with the day to day complications having a disability can cause.

Whether you were born with a disability or develop one later in life, the nature of a disability forces us to find new and alternative ways to carry-out our daily routines to help us live our lives to the fullest.

We hope that this book will become the handbook for the millions of disabled people across the country and around the world who desire to learn something new and ultimately, to find information that can aid them in making life more accessible. We hope that persons with disabilities, their caregivers, doctors, nurses, parents and others will also contribute to this book and use it as a reference as they assist people with disabilities.

How you can contribute:

We will be taking 12 months, exactly one year, to compile volume one of the book. We say volume one because we believe that the amount of tips and stories we will be receiving will be far greater than anything we can fit into one book. We know that these creative approaches are out there in great numbers and we believe we will receive many ideas in addition to the ones the contributors of the book already have. We are sure that other Volumes are somewhere on the horizon and they will include everything that did not make it into Volume One.

Anyone with a disability or anyone who knows, loves, is a parent of or cares for someone with a disability is welcome to contribute to this book. We would like as many people as possible to contribute to this collaboration, so that it serves not only as a source of information for individuals with disabilities, but for their friends and families as well.

We are looking for instructions and everyday solutions on how to make something easier, better, or more accessible, then how to deal with issues such as dating through disability, love, marriage, working with Personal Care Assistants and more. There are no silly or crazy ideas. If it's been implemented or positively changed your life, we are certain it could help someone else. Please share your ideas with us.

Please note, we are looking for instruction and everyday solutions on how to make something easier, better, or more accessible. Please DO NOT send ideas that have not been tried, or used. For example, if you have a way to adapt something using common household items that can be bought in local stores, wonderful. If you are trying to sell a new invention and it's costly, or only you have the prototype (version) and in essence are waiting to be "discovered", we cannot use and do not want such ideas.

What to include:

When you submit your tips, please try to categorize it in some way. If your tips do not fall under any of the categories, please label it with something related to the categories or you can always make up your own. If you do not list a category, one will be chosen for you based on the subject we feel is the most appropriate.

Please try to be very literal (detailed) in your tip explanations and instructions. For example, for very involved adaptations, present information as if giving step by step instructions to someone else, and be sure to tell us what kind of problem your tip solves.

Below are some of the categories you can (but are not limited to) write about:

In the Kitchen/Cooking	Accessible Design / Universal Design ideas
Bathing/Dressing/Bath-rooming	Tools of the Trade – Adapting every day tools to work for you
Away from Home	Working with Personal Care Assistants (PCA's or PA's)
Traveling	College and Dorm Life
Transportation	Organizing your life and the things around you
Going to the Doctor / Health Care	
Scheduling your day / Getting things done	

For our first volume, we have outlined 15 chapters for the book:

1. *Around the House*
2. *Dating & Relationships*
3. *Love and Marriage*
4. *Travel*
5. *Transportation*
6. *Personal Care Assistance (PCA's)*
7. *Living On Your Own*
8. *Health*
9. *Sports and Recreation*
10. *The Money Hunt*
11. *Assistive Technology*
12. *Employment*
13. *College/Higher Learning*
14. *Services*
15. *Parenting*

Authors Credit and Compensation:

As you can imagine, dividing the royalties would result in very little profit for each person that contributes to this book. We are sorry we cannot pay you for your writing and ideas. We can however, give credit where credit is due. Your name and state will be listed at the end of each entry if your submission is chosen. Please know that the culmination of this project will assist others in living independent and productive lives.

A portion of all proceeds will go toward educational/informational speaking tours that we will offer FREE to the public.

How to Make Your Submission:

1. Please type your submission.
2. Please include this information in your submission:
 - a. First and Last Name
 - b. City and State where you are from
 - c. You may also include disability/age - this information is just for our information and it will not be included in the book if your submission is chosen.
 - d. Tip – step by step instructions, please *If you would like to share products, or tools that are available for purchase, please include where others can purchase it – name of company, website, phone number, catalog name and the price*
 - e. Tip Category – if you are able to think of one, great, if not, one will be chosen for you. Use the chapter categories listed above to assist you.
3. You can send submissions via email or US postal mail.

Send e-mail submissions to **Tipsvolume1@yahoo.com** with the subject line **“Tips – Volume 1”**

Send postal mail submissions to:

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c/o Tracee L. Garner
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4. We will accept attachments, wherever possible, however, please send your tips in the body of an e-mail. Mailed submissions **WILL** be accepted but not returned.

Please note:

- Your submission may be edited for content, clarity and length
- Not all submissions will be included in this book but could be included in future publications or the *dAISIES* newsletter
- If you would like to be a contributor on a larger scale, please e-mail us, e.g. to write an article for our newsletter, be interviewed and etc.

If you have questions, comments or ideas, please e-mail Tracee L. Garner at Tipsvolume1@yahoo.com.

Thank you for your contribution.