

CAPtions

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Disability Rights Advocate: Spotlight on Regina Blye

It was one event that made Regina Blye realize she was meant to be a disability rights advocate.

“I witnessed a 17-year-old who became disabled after breaking his neck, living in a nursing home. His grandmother couldn’t care for him, and his house wasn’t accessible. What 17-year-old wants to live in a nursing home? It was at that point I knew that this was what I wanted to do.”

Blye is no stranger to navigating through the world as an individual with a disability. At age 10, she was injured from a gunshot wound. “As a child, it was all new to me”, she said. “In the small Texas town I grew up in, we didn’t have access to the resources I needed. Throughout my childhood and college, I learned to make things more accessible for myself.” Determined to promote independent living and accessibility, Blye later became the Executive Director of the

Texas State Independent Living Council, and was appointed to the Access Board as Vice Chair.

In January 2017, Blye’s aspirations led her to Washington, D.C. for a position with the Department of Health and Human Services. “When the opportunity arose, I rushed out there!” she laughed. However, soon after starting her job, Blye noticed that her workspace didn’t meet her needs. “The desks were low, and I’m very tall. I needed a higher desk because the standard desks just wouldn’t work for me!” she said. While her agency worked to provide accommodations they were responsible for, her Accommodation Specialist suggested visiting the CAP Technology & Evaluation Center (CAPTEC) to see what products and services could help improve her job productivity.



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“I toured CAPTEC while working with [The Access Board], and was aware of the resource,” Blye said. Several years later, she found herself back at CAPTEC while viewing the resource through the lens of how it could help her.

“CAPTEC was a place for me to actually test out equipment and demonstrate things I wasn’t aware of before,” she said of her experience. “I don’t think many people realize how important a resource like CAPTEC is. Actually, all federal agencies with resources for individuals with disabilities is great. It

makes life a lot easier! It can be easy to stigmatize individuals with disabilities if the [accommodation request process] is not streamlined. Making accommodation resources readily available might help other federal employees realize ‘Hey, I may need an accommodation too,’ which is good.”

You can learn more about Regina Blye by visiting www.reginablye.com.

For information on CAPTEC, or to schedule an in-person needs assessment, visit www.cap.mil.

June is Scoliosis Awareness Month: What is Scoliosis?

Scoliosis, or a curvature of the spine, is a condition that may cause back pain, uneven shoulders and hips, and can cause limitations while working. While mild scoliosis can be treated with observation and bracing, the most severe cases may require surgery. Symptoms of the condition include low back pain and stiffness, numbness or shooting pain in the legs, and fatigue from the strain on the muscles of the lower back.

What is your knowledge on scoliosis?

True or False?

You can only be diagnosed with scoliosis during adolescence.

False

While many screenings for scoliosis take place in school or a checkup, scoliosis can also be developed later in life.

True or False?

Scoliosis can be temporary.

True

Some people may find that their scoliosis

can be corrected with mild treatment, while others have permanent scoliosis and require additional treatment and/or surgery.

True or False?

Scoliosis always has a cause.

False

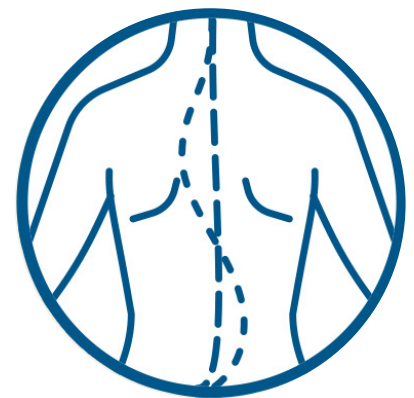
Most cases of scoliosis are idiopathic-or no known cause. Because of this, it is hard to recognize the factors that lead to an individual developing scoliosis.

The Computer/Electronic Accommodations Program (CAP) can accommodate individuals with scoliosis in order to make essential job tasks more manageable. Contact CAP at www.cap.mil or call 703-614-8416 for more information.

Sources

<https://medlineplus.gov/scoliosis.html>

<http://www.srs.org/patients-and-families/conditions-and-treatments/adults/scoliosis>



DoD Transition to Windows 10

The Department of Defense (DoD) has recently committed to upgrading approximately 4 million federal employee computers to the Windows 10 operating system. Terry Halvorsen, former DoD Chief Information Officer, stated that the migration to Windows 10 will “improve cybersecurity posture, lower the cost of IT and streamline the IT operating environment.”

Customers who currently have assistive technology (AT) that operate in conjunction with Windows 10 may experience challenges during the migration. CAP customers are encouraged to learn about their agency IT requirements in order to support optimal

performance of their AT.

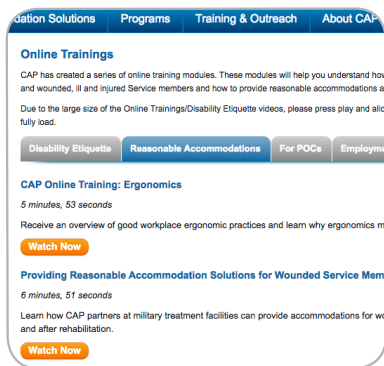
If you are experiencing problems with your current assistive technology during the transition to

Windows 10, CAP can ensure functionality by providing assistive technology that is compatible with Windows 10. Please contact (703)-614-8416 for more information on CAP's Windows 10 assistance services.



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Case Study: Working Hard or Hardly Able to Work



Recently, we interacted with a federal employee named Mike. He is hard-working, productive, and has a supportive supervisor. A majority of his day

is spent working with email, internet browser, and a database that requires typing, hitting tab to go between fields, and scrolling through pages. He is required to create folders as permanent records and will print and reference these folders while working on the computer.

He received some items from CAP to help him with neck, shoulder, back, and arm issues that

he was having stemming from a disability; however, the items weren't helping as much as he thought they would. Most of the pain and frustration continued even after the accommodations were in place. This is a common issue. CAP sees many individuals with poor workstation setups or suboptimal implementation of accommodations.

For this reason, CAP created an online training on ergonomics. In less than six minutes, an individual can learn about best practices for setting up their workstation and understand how accommodations can be implemented. Additionally, the video provides resources and a certificate of completion after taking a four question quiz. To learn about what you can do to improve your productivity, reduce discomfort, or integrate accommodations received, please view this training at the following link:

www.cap.mil/NewsEvents/TrainingVideo.aspx?id=19



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