

OPENING DOORS

Independence through interdependence – the importance of connections

What is Independent Living?

Access Alaska is a Center for Independent Living (CIL). What is Independent Living (IL)? IL can be considered a movement, a philosophy, or specific programs. IL “promotes a philosophy of independent living including a philosophy of consumer control, peer support, self-help, self-determination, equal access, and individual and system advocacy, in order to maximize the leadership, empowerment, independence, and productivity of individuals with disabilities, and the integration and full inclusion of individuals with disabilities into the mainstream of American society.”

Preparing for Emergencies

This winter most of Alaska has experienced weather related disasters. Alaska can experience many types of disasters. So what can you do to prepare? Here’s some web resources to help you prepare

Make a plan

www.ready.gov/disability

Emergency Supply Kits

www.adata.org/factsheet/emergency-supply

Congressman Don Young

Don Young, after serving Alaska for 49 years and the most senior member of the U.S. House, died on March 18. Rep. Young served as co-chair of the House disability caucus. A special election will be held on June 11.



Peer Support Groups (PSG): Make connections, get help

Support groups bring together people who are going through or have gone through similar experiences. For example, this common ground might be a brain injury, or a chronic medical conditions, like multiple sclerosis or diabetes.

A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases or treatments.

For many people, a disability-related support group may fill a gap between medical treatment and the need for emotional support and life strategies. A person's relationship with a doctor or other medical personnel may not provide adequate emotional support, and a person's family and friends may not understand the impact of a disability. A support group among people with shared experiences may function as a bridge between medical and emotional needs. Call Access Alaska to find out what groups meet in your area.



Rank Choice Voting

In 2020 Alaskan's passed Ballot Measure 2. The Top-Four Ranked-Choice Voting and Campaign Finance Laws Initiative.

But what does it mean for you?

Rank choice voting is a voting system that gives voters the chance to rank candidates in order of preference, it then uses those rankings to elect candidates who best represent their constituents.

Rank Choice Voting is straightforward for voters: rank candidates in order of your choice. Voters can rank as many candidates as they want, without fear that ranking others will hurt the chances of their favorite candidate.

For more information go to:

<https://jo.my/vote2022>

or

<https://jo.my/rank-choice>

Connecting with your vote - Elections 2022

The 2022 election has many parts on top of the new ranked choice voting. It can be confusing. You also may have local elections. Here is what's happening in statewide elections.

On **June 11** is a **Special Primary Election** to determine who will be on the **August 16 Special Election** to finish the several months left in Don Young's term. Many people will be competing for this position.

The **Special Primary Election** will be by mail, and every registered voter will have a ballot mailed to them.

All voters are getting a NEW VOTER ID CARD. Please review and update your information by May 1. Check your information here: myvoterinformation.alaska.gov

On **August 16** is a **Special Election**, and the **Regular Primary Election** will be conducted in the normal manner, with polling places open and voters able to cast absentee ballots without giving a reason. The **Regular Primary Election** will use ranked choice voting.

*At this **Special Election** the vacancy left by the death of Congressman Young will be filled.*

On the same day (**August 16**) the **Primary Election** to determine who will run in the **General Election** on **November 8** will be held.

*This **Primary Election** will determine who will run for United States Senator (Currently held by Senator Murkowski), our United States Representative (Congressman Young's position) and Alaska State Governor and Lieutenant Governor.*

The **November 8 General Election** will determine who will be our United States Senator, our United States Representative and Alaska State Governor and Lieutenant Governor.

Access Alaska, a Center for Independent Living, encourages and promotes the total integration of people who experience a disability and senior Alaskans to live independently in the community of their choice.

Access Alaska is COVID-19 responsible. Please contact your local office to coordinate the best times and strategies to connect with your team

Our Offices:

**Anchorage - 907-248-4777 • Fairbanks - 907-479-7940 • Mat-Su - 907-357-2588
Kenai - 907-262-4955 • Rural - 907-545-0365 • Toll Free - 800-770-4488**