Libraries and Adults with Developmental and Intellectual Disabilities

Thank you for inviting us in.
Insider, Antioch Library

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Librarians’ Toolkit

Part I: Video
   To inspire people working in public libraries to recognize opportunities for serving people with disabilities

Part II: The Plan
   A how-to booklet for librarians to plan and implement one year of library programs for adults with intellectual and developmental disabilities
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Part II: The Plan

Introduction

If the Insiders video has in some way persuaded you to learn more about the Insiders program, then you've arrived at the right place. If you're interested in starting a library program for adults with developmental or intellectual disabilities, Congratulations! You are about to embark on one of the most rewarding and satisfying experiences of your career. The benefits for all those who participate, including library staff and patrons, along with other supporters in your community, are about to expand.

At the beginning of the video the following two questions were asked: Have you ever been on the outside looking in? If so, how did that make you feel? Those questions were asked to get viewers thinking about what it means to be left out, uninvited, or not welcomed to a place we'll call “inside.”

If you are a person who feels relatively comfortable and for the most part confident visiting and interacting with others in public places, you may already identify with others who share a general feeling of belonging. You have experienced what it feels like to be an “Insider.”

There are many shades of human behavior and none of us fits neatly into an “Insider” or “Outsider” category. But for the purposes of illustration the terms “Insider” and “Outsider” are used simply to differentiate between library visitors who feel welcome, comfortable and confident using library resources, from those who do not.

Generally, most visitors navigate the library with the confidence to browse the stacks, search the catalog or to sit wherever they choose. Each person experiences the public library in a unique way and many do so independently and with little direction from staff. A majority of library visitors would not hesitate to approach an information desk with any question, and would make themselves quite at home.
during their visit. They associate themselves with other people in the library who share similar “insider” experiences. They know that for the most part their behaviors have been acknowledged as “acceptable.” However, not all library visitors share that experience.

There are people visiting our libraries, who will not approach staff at the information desk for fear of not being understood. They may feel self conscious when looking for a place to sit; they may not understand how to use self service machines; or may not realize the number of materials that are available for them to borrow. Some fear doing something unacceptable or “wrong” and feel very much on the outside of others’ library experiences.

For those individuals, simple everyday library activities may be complicated by frustration or the possibility of rejection or negative reactions or attitudes. They may fear asking, saying, or doing the “wrong” thing. It’s often easier for “outsiders” to remain on the outskirts of library activity, never fully participating. Past experiences may suggest that he or she is not really welcome in the library. When library staff remain aloof or appear unapproachable, individuals with intellectual disabilities may be dissuaded from taking part in library programs, activities or materials. It is for those individuals that Insiders was created.

The wonderful thing about libraries is that its doors are open to all. Anyone can step inside the public library, from any street in America and know that he or she will not be turned away. In fact, most public library staff welcomes and encourages all visitors to come inside and take advantage of the materials, programs and services available. It’s our mission to provide information, and inspiration to read and we believe in it!

Transforming library outsider experiences to insider experiences is worth the effort. A library Insider program will return in benefits for adults with developmental and intellectual disabilities, library staff, and all members of your community. You may have already had your eye on a group of adults with intellectual and developmental disabilities who regularly visit your library and you may have wondered how you could better serve this special population. If so, the information contained in the Toolkit provides instruction on ways to connect with adults with developmental disabilities, and how to build relevant library programs based on participants’ needs, interests, and feedback. There is nothing difficult about planning and implementing programs for adults with intellectual and developmental disabilities. It is no more difficult than planning any other adult library program.

Participants involved in the Insiders program report that their opportunities for learning have expanded and that they look forward to monthly programs and how they’ve become part of the larger library community. Observing the groups’ transformation from outsiders to insiders has been an extraordinary experience for everyone in the library. We’ve seen a relatively quiet and self-contained group of
individuals explode into talkative, informed and self confident library users. It is our hope that you will not only be inspired to start an Insiders program in your library, but that you will take the steps outlined in the Toolkit to ensure that it grows and continues into the future. Our vision is that we someday meet together as a group to discuss the larger Insiders “nation” in California and beyond.
What Library Insiders are saying...

You are my friend.

Happy Day for you!

God Blessed. Good Luck!

Thank you for our happiness. Love you.

Thank you, also thank you for the reading program.

I like you a lot for inviting us to the library. You are special. You are so nice.

You are so nice. We learn a lot.

Thank you for inviting us in.

What community program providers are saying...

These special days have become not only fun but have enriched the lives of our consumers in a wonderful and positive way.

We have spent time getting to know the library and its numerous opportunities for us to grow.

I cannot put into words how much this special program has meant not only to the consumers, but to the staff as well. We look forward to each and every month at the library.
Background and History

The Wednesday Club, a library program for adults with developmental disabilities, began at Antioch Library in 2007. Library staff noticed that groups of people from ARC Inroads, a community-based program for adults with developmental disabilities, visited the library several times a week. During their visits at the library, the group generally stayed to themselves and never wandered far from one area. Library staff thought about the possibility of offering a regular library program, but none of us had experience working with people with developmental disabilities. How and what kinds of programs would we offer? How to begin? We researched libraries providing service in this area, and discovered there were very few. We could find no model for a regularly scheduled library program for adults with intellectual and developmental disabilities. The primary objective of our program was based on providing a welcome environment along with the encouragement to feel comfortable and confident in knowing how to navigate the library and how to better take advantage of all of the great resources.

We approached an ARC Inroads staff person who was one of several who accompanied the groups to the library. She was somewhat surprised that library staff was interested in connecting with the group from ARC Inroads perhaps because in previous years, when they had visited the library, no one had ever asked if they’d be interested in participating. Once we starting talking with ARC Inroads staff we realized that they would be one of our greatest resources to learn more about how to better serve adults with developmental disabilities.

We’ve learned so much over the past few years from ARC Inroads dedicated staff. Chapters of The ARC exist in cities in nearly every state in the US. The mission of The ARC of the United States describes the right of inclusion for people with intellectual and developmental disabilities: The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. Public libraries have the perfect opportunity to promote acceptance and inclusion through efforts to connect with community-based groups like ARC Inroads. We learned from ARC Inroads staff that community based groups meet in various locations around town, and do not have a home-base. Outings may include any number of activities such as: bowling, adult education classes; visits to the movie theater, parks, or shopping. The library is often the best location to meet at times when those activities aren’t
planned. We also learned that the library’s ARC Inroad visitors were unsure about how the library works. For example, they had questions about how to use the self service machines, how to find materials, how to use the online catalogs and Internet computers; and they were also unsure about the length of time items could be borrowed. In addition, some wondered why fines accumulated. Others did not have library cards. Learning what their questions were opened up the possibilities for library programs to provide some answers.

In 2008 we developed the following goals:

1. To encourage adults with developmental disabilities to feel comfortable and confident using all resources in the public library.
2. To present monthly library programs that provide a variety of opportunities for lifelong learning.
3. To encourage reading (or the viewing of books or other library materials) according to ability.

The first library program offered by the Antioch Library, as described below, included a walking tour of the library; an introduction to library staff and volunteers; and a look into the “inside” workings of the library. We demonstrated the self service machines, talked about how fines accumulate; gave an overview of the library catalog and how to place holds. We walked the stacks describing how Dewey Classification helps library staff find things, and that it could help them find things too. We pointed out books, DVDs, CDs, audio and other materials they might be interested in borrowing. We let participants know that they were welcome in the library and that it was “their” library.

From that first library tour we worked with ARC Inroads staff and the participants to gather ideas for future programs. After each program we asked for feedback to guide our planning. Our relationship grew into friendship as a result of our monthly programs, we called the Wednesday Club. As the number of programs grew and the possibility for growth expanded beyond one library we later adopted the name “Insiders.”

Questions from Insiders began to be asked and answered on a regular basis. We began to communicate and learn from one another. Staff began to interact more frequently with Insider participants and knew their names. The Insiders were now approaching the information desk alone with transactions or questions, whereas before some may have felt uncomfortable or unsure in walking up to the desk with a question.

In 2008 ASCLA, The Association of Specialized and Cooperative Library Agencies, a division of the American Libraries Association, presented Antioch Library the ASCLA/KLAS/NOD Award at the ALA Conference in Anaheim. The award read:
The Antioch Library worked in concert with ARC Inroads, a community agency, on the Wednesday Club. The Wednesday Club based its monthly series of imaginative, lively programs on participants’ input and provided a venue for group members to express themselves in delightful art and writings revealing their rapport with the librarians. The programs included, “This is your Library,” “Fire Safety in the Home,” “Read to the Dogs,” “Animals in the Forest” and InvestiGators Summer Reading Program,” which was especially designed to encourage participants to enjoy reading more and to “investigate” the library.

Kathleen Hegarty, ASCLA award committee chair stated, “The Antioch Library was chosen for this award for its successful outreach to adults with developmental disabilities, a group seldom served by libraries. Its approach, which emphasizes a welcoming attitude, group participation in program planning and partnership with a community agency, could well be employed by other libraries seeking to reach this underserved population. The Antioch Library presents an inspiring model.”

At the same ALA Conference we presented a poster session and talked with librarians across the U.S. about starting a series of library programs for adults with developmental disabilities. We talked with several librarians that day and a few more contacted us in the weeks following the Conference. At that time no Toolkit existed and we forwarded a collection of notes and outlines to anyone who emailed. In 2008, as a result of the encouragement and support of Contra Costa County Library administration we began to document some of our processes and programs for others to use.

The Award provided $1000 that was used to purchase Wii gaming equipment, rolling storage, games and portable CD players for use in the library. The Insiders and library staff discussed the possibilities for purchases and looked at the following: Wii, PS3, Xbox, and DDR. With the help of ARC Inroads staff and the Insiders we decided that Wii best filled the needs of everyone in our group. The equipment could also be shared by children, teens and other adult program needs.

At the time of this writing, Antioch Library staff continues to deliver excellent Insider programs, inventing new ones, making improvements, and repeating some notable past programs. Under the new leadership of Becky Nielson and Alyson Matthews, the Insiders continue to enjoy, learn and grow. Kathy Middleton left Antioch Library in October 2009 and currently works at San Ramon Library and Dougherty Station Library (Contra Costa County Library), and has made several contacts for potential Insider programs in her locations and others.

Library staff and ARC Inroads staff have all witnessed the transformation of the Insiders participants. They are no longer the ARC Inroads group who visits the library a couple times a week, but are Insiders. Each has found a unique way to get the most
out of library resources. New Insiders learn quickly from their peers that the Insiders group is a safe, comfortable and non-threatening environment conducive for learning and growing. Library Insiders have gained more independence over the past few years and navigate the library with self confidence, knowing that they are always welcome inside.
Gaining support for your library’s Insiders program

Why provide library programs for adults with intellectual disabilities? A library Insiders program can provide a welcome environment for an underserved population and provide opportunities for:

1. Lifelong learning
2. Reading
3. Technology experiences
4. Social interaction
5. Volunteering

Because communication skills for people with intellectual and developmental disabilities translate into communication skills for all library visitors, everyone in the community will benefit.

Community-based groups are becoming more prevalent as adults with developmental and intellectual disabilities become more integrated in all parts of society. Community-based groups support independent living goals and many meet in public libraries all over the United States. The groups promote self advocacy and libraries have the opportunity to promote that goal and to also serve a historically underserved population. Providing library programs for adults with intellectual and developmental disabilities not only supports independent living goals, but is evidence of the public library’s commitment toward serving people with disabilities and a commitment to break attitudinal barriers.

In addition, library programs for adults with intellectual and developmental disabilities:

1. Fulfill the library’s mission to provide services and fill the needs of people in the community.
2. Do not require a large amount of time or great sums of money. A little creativity and the information provided in the Toolkit explain how easy and low cost it is to produce relevant programs. Each program can be repeated year after year, and in many cases repetition is suggested due to the number
of new participants entering the program, the need for review; or simply to satisfy popular demand.

3. Take advantage of adult programming opportunities. If you are planning and presenting adult programs that historically receive low attendance, it may be that you’ve never considered the adults who are already visiting your library through community-based groups. Are you reaching out to an underserved special population? Do the groups who visit feel comfortable and welcome in your library?

4. Are needed and fill an essential gap in our libraries and larger community. State funding in California in the Department of Developmental Services (DDS) has been drastically cut; libraries can help by providing necessary information resources for living.

5. Allow libraries to gain support and demonstrate their effectiveness through outcome measurement in areas of library services to individuals with disabilities.
Building Basics

Identify and meet with groups who regularly visit the library in order to discuss potential program opportunities—an informal discussion or formal meeting. Approach the group’s staff member and ask if the group would be interested in participating in a library activity, and give an example of the first program you have in mind. When discussing the possibilities explain that you are interested in getting feedback at the end of each program in order to determine what works and what doesn’t. If possible, after you’ve held your first program, work with your group to decide on a regular monthly meeting date and time. Everyone will look forward to that date!

Below are some of the programs held in Antioch Library that were considered successful and repeatable by the Insiders. The people you invite to present at your Insiders programs may not have experience in presenting to adults with disabilities, so be prepared to answer questions about reading or learning levels. This information can be provided by the staff who work with your community-based group. We remind presenters that the audience is made up of adults with adult interests, and communication may need only be simplified, but not presented as if the audience were children. Once your presenter gains that first experience he or she will often ask to return because the experience was so rewarding.

Creating a welcome and comfortable learning environment for adults with intellectual and developmental disabilities is the Insiders primary objective; let participants know it. Finally, do not underestimate the ability of people with intellectual disabilities’ capacity to learn and to also teach you something.
Nuts and Bolts: 12 programs

1. “This is your library” Tour!

Hold library tours to familiarize everyone with how the library works. People may have questions about: how equipment works—self service machines, computers, online catalogs, copier, printers or print stations. Walk through enough of the library space to engage curiosity and spark interest. Remind them often, “This is your library and everything here is for you to use, along with materials to borrow and take home.” Talk about fines and lending periods. Demonstrate equipment.

Insight: “This is your Library” opens the door to a new relationship between your library staff and participants. Keep the tour friendly and informal, taking cues from the participants. Make sure the tour is interactive—ask questions—“what kinds of books do you like? Sports, that’s over here. Dance? You can find those books here.” Encourage everyone in the tour to go to the information or circulation desk and ask questions. Introduce everyone to library staff. Our group was interested in the staff area where all the check-in and book processing takes place. We lead everyone through the areas that the public doesn’t usually see and introduced them to all the volunteers and staff working in the back areas.

2. Fire safety

It’s as simple as calling the local fire department and asking for a community educator to visit the library on one of your Insider days. For anyone living on their own, it’s important to recognize the danger of smoke or kitchen fires, and how to quickly react. Our community’s fire educator presented a short DVD, followed by a discussion, Q & A, and handed out magnets, bookmarks and other reminders about being aware of danger caused by fires. Each
participant left the program confident about what to do if they observed fire or smoke in the home.

Insight: During the Q & A session that followed, the participants were asked by the speaker what to do if after exiting the home due to fire, they realized they’d left a pet behind. One young woman in the room said she’d go back and get the pet, which prompted the discussion about the importance of getting to safety, leaving rescues up to the fire department, and not returning to a dangerous situation. Fire safety is an important message and should be repeated once a year.

3. My environment: Regional, state or federal park education programs

Locate a park in your area and ask for the community educator and explain the goals of your program. Park volunteers or ambassadors will often provide slides or talks on any number of topics that will be of interest to your group.

Invite a park naturalist to visit the Insiders. We were privileged to have Mike Moran from East Bay Regional Park District, lead our group on multiple occasions. With fifty-five parks in the District, there are multiple educational opportunities for Insiders.

Over the period of three years, naturalists have visited our programs with information and have brought with them animals native to the area. Our naturalist-led programs have included:

- **California Brown Tarantula**
  Participants learned the behavior of the large spider and its fascinating life cycle. A live tarantula was on view (later to be released), and much of the fear associated with the spider was addressed through discussion, education and observation.

  **Insight:** Only a week or two after the Insiders heard the talk on the California Brown Tarantula, they were able to recognize and observe a tarantula in the wild while during a walk at Contra Loma Park in Antioch. The group reported how fascinating it was to be able to not only recognize but to know more about the habits and behaviors of the tarantula. The program also alleviated a lot of fear associated with a huge hairy spider.

- **Snake Education**
  By the end of the program everyone knew how to distinguish between poisonous and nonpoisonous snakes, and understood more about snake
behavior. Insiders were invited to touch a gopher snake as the naturalist brought it around to anyone who wanted a close up view.

Insight: One or more of your Insiders may overcome their fear of touching a snake at this program. As with any program, some members of your group will not want to participate and they may choose to stay in out in the library with community staff member. When announcing the snake program explain that the snake will stay inside an enclosure during the talk. If the naturalist allows a closer look by taking the snake out, some may want to leave the room. Take a short break to allow them to leave the room and join others in the library.

- **Native Fish and Gyotaku**
  This program stressed the importance of the environment for fish, the effects of dumping harmful chemicals, such as automobile fluids, that drain into the water table, and how to identify varieties of local fish. Participants were amazed by the numbers and types of fish living in our local lakes and rivers, and learned that a whole community of animals live beneath our waters. A “fish print” activity ended the day which consisted of painting flexible fish replicas and pressing them onto paper, a process called, “Gyotaku.”

- **History: Black Diamond Mines Regional Preserve**
  A park naturalist presented a slide show of historical photos of the area and brought to life colorful stories about the region’s diverse inhabitants and early settlers. The Insiders enjoyed hearing about the lives of the miners, their families, and were particularly interested in a story about a midwife who had delivered hundreds of babies over the years.

- **Owl pellet dissection**
  A large population of owls live within the East Bay Regional Park District. Owl education provides participants with information about regional species and their environment. Pellets contain the undigested parts of a bird’s food that are regurgitated, but are disinfected through a heating process so they can be examined. Participants identified and matched up tiny mouse bones using a guide made up of bone drawings. Several participants discovered their talent for identifying bones.

4. **Reading Therapy Dogs**

Cute friendly dogs bring out the best in people. A wonderful couple, Terri and Breton, brought two of their certified reading dog team and explained Halo Angel Ears Reading Program. Because the dogs wore HALO Reading vests, they looked very official (and cute) and immediately gained the group’s attention. The dogs roamed
the room which allowed everyone a chance to get to know the dogs. Terri led a game of pop questions pulled from an envelope. If the participant could not read, another Insider was invited to join him or her assistance. For example, one question asked: “You just inherited $100,000,000. What would you do with the money?” The presenter gave each person a small prize purchased from a dollar store for answering a question.

Insight: Even people who were a little scared of dogs were soon reaching out to pet the two therapy dogs. Everyone participated in and loved this program. Therapy dogs are trained to interact with a variety of people in nursing homes, at libraries, schools and hospitals.

5. Yoga

Invite a yoga instructor to present a simple stretching exercise program to your group. Yoga does not require any special equipment. A floor and perhaps a towel to sit on, is all that’s really necessary. Talk to the yoga instructor about the ages and abilities of your Insiders. Those with physical disabilities who are not able to sit on the floor can work through yoga exercises while seated on a chair or wheelchair. Breathing, stretching, and relaxing are beneficial to the mind and body, and the simple exercises learned that day can be repeated at home or anywhere.

Insight: This was a definite favorite! They’ve asked for the “yoga lady” to come back, and we are planning a return visit. This is the only activity in which we paid a fee. It was a very small fee and the instructor brought two additional instructors with her. It was a relaxing, beneficial and fun day. Nearly all of our Insiders were much more flexible than library staff, and they laughed at us.

6. Recycled creations

We are fortunate to have a presenter who “lives” to recycle. She used to work part time at the library and part time at the city recycling center, and finally left to work in recycling full time. Part of RCs job is recycling education. After she left the library’s employment, she continued to volunteer her time to present programs in recycling and to teach Insiders how to create art. Projects included large magnets with collage styled photos cut from glossy magazines or greeting cards. Magnets were embellished with any number of recycled materials: rub-on gold and silver art foil, threads, beads, feathers, etc.

Insight: Some really lovely art came out of these projects. It’s amazing how sophisticated some of the magnets turned out—fit for the shelves of a museum of
modern art gift shop. The lessons learned were: how to re-use materials from earlier projects and create something useful; how to be less wasteful by thinking about reusing objects and materials that normally go in the garbage; recognizing that recycling saves earth’s natural resources.

7. Gaming

Gaming in the library provides opportunities to learn new technologies and to explore new ways of learning. Playing Nintendo Wii has intellectual and physical benefits, sparks social interaction along with healthful laughs. Gaming allows for physical activity and is a developer of improved hand-eye coordination. For those with physical disabilities, one can play while sitting in a chair or wheelchair. The Wii system is simple to set up, portable and relatively inexpensive. Many libraries already have gaming programs in place for teens, so you may need only to borrow the system from your teen librarian.

Stunningly successful games for our groups include bowling and tennis. When introducing Wii, start out by asking everyone to select his/her own Mii—their personal avatar—the little person on the screen that represents one’s self in the games. Sit back and enjoy your participants having fun selecting hairstyles, glasses, eyebrows, and skin colors. It took the time from two programs to finish selecting everyone’s Mii. Naming Mii’s requires choosing letters with the controller, another good opportunity for learning. Those watching while others create their Mii’s can also participate by making suggestions, agreeing with their friends’ selections and finally, by giving applause and the occasional “woo-hoo” or high-five when the newborn Mii bounces onto the scene.

Insight: Mii gives everyone a chance to make choices about his/her appearance. One woman chose a different skin color than her own, which was met with responses of surprise and comments such as, “your skin’s not that color!” The woman next to her told her she could pick any color of skin she wanted because “Mii’s are just another you.” The process of selecting a Mii is a fun activity with opportunities to explore ideas about self.

8. Picture Bingo!

Head to the dollar store for bingo prizes; pick up a bag of dried beans, print out free bingo cards from the Internet and you’re good to go! For those in your group who cannot read, as well as everyone else, picture bingo provides a fast-moving and lively time to interact socially and practice matching skills. Call a volunteer within your Insiders group to the front of the room to be the “caller.” He or she can pull the
picture square from the envelope, call the name of the picture, and wait for everyone to place a bean on the matching spot. Free picture bingo cards and squares are available online and free. Holiday picture bingo is one of the favorites of our group.

Insight: Watching participants help each other find matches or alert a neighbor to a missed match, is part of a team building process in which the group grows. Since the game is not based on skill or ability, but random choice, it’s a great ice-breaker. We chose prizes such as novelty socks, gloves, lip balm, shower gel or healthy snacks.

9. Storytelling, Oral History

We invited a storyteller from a local organization to present a program on how to create a personal oral story. She began by first telling several interesting stories that captured everyone’s attention, followed by action stories that required the group to repeat a certain phrase or word, when they heard a certain word. By the end of the program the participants began to understand the power of words to make a story. Several Insiders volunteered to recite a personal oral story. Participants will come away with information learned and will continue to build on their new skills. Not every participant will love every program, but there are always one or two Insiders that discover something fascinating and new, and something in which he or she excels and begins to build on.

10. Summer Reading

Contra Costa County Libraries offer Summer Reading Programs for every age, from babies through adults. We decided that customizing the Adult Summer Reading Program for Insiders would be a way to engage our groups in a variety of literacy-based activities throughout the summer. ARC Inroads staff kept track of the reading records and each time the groups visited the library, they recorded time spent on reading activities, in addition to regular attendance at regular monthly programs, and monthly gaming programs. We end summer reading at the end of August with a party and awards ceremony. Each participant receives his or her prizes and a certificate of completion. Summer has become a time to learn new skills such as photography, writing, or zine-making, and everyone looks forward to each summer’s theme and prizes. Donations from Raley’s Supermarket and Friends of the Antioch Library provided funding for prizes.

- 2007 InvestiGators Summer Reading
  Participant requirements: Mark off one footprint for each 15 minutes you spend with doing a reading-related activity (includes viewing or reading of
magazines, newspapers, artwork or books; or listening to audio books or music).

Prizes: Bendable clip-on book light, temporary tattoo, mood pencil and $5 gift card to local supermarket.

- **2008 Bee Readers Summer Reading**
  Participant requirements: For every 15 minutes you spend with a book or other library material, mark off one beehive. When you're finished, bring this record to the library to receive your prizes.

  Prizes: Bee temporary tattoo, beeswax lip balm, natural clover honey sticks, and a $5 gift card to local supermarket

- **2009 Express Yourself @ your library**
  Participant requirements: Over the summer, we will be working on producing a zine (short for maga-zine). Our zine will have photos, poetry, writing and other artwork. Whenever you work on something zine-related, write down what you did in one of the spaces below. Listen to music; write a short story or poem; play Wii games; take photos; make artwork, or read. Do ten things and earn prizes.

  Prizes: Everyone receives a zine to take home; $5 gift card to a local supermarket; zine party in August

- **2010 Water Your Mind @ your library**
  Participant requirements: Over the summer, we will be watering our minds and our sunflowers. Whenever you work on something from the activities listed on this page, write down what you did in one of the spaces below. Do ten things and earn prizes!

  Prizes: Everyone receives a $5 gift card to a local supermarket; garden party in August.

11. **Zine making**

Zines are self-published books that are created by an individual or groups who want to express their thoughts on a variety of subjects—music, hobbies, recipes, or social issues—or to rant. Whatever the purpose for zine creation, Insiders will enjoy the opportunity to submit entries for a group zine. For example, our Insiders produced “The Moonlight Zine” which contained: hand-written recipes from cookbooks and home recipes; short stories, poems, hand-drawn pictures, and photographs taken
with the library cameras both inside and outside the library. “The Moonlight Zine” was made up entirely of Insiders’ entries and was completed in four meetings. Pages were scanned into a Publisher file and printed in color. Each Insider received a copy of the zine to take home. Those who were skilled in drawing worked on cover art and chapter heading art; those who enjoyed photography submitted one or two of their best photos for inclusion. Some wrote poetry and short stories; and some were more interested in observing or helping others. The layout we used was 8.5 X 11, two-sided, folded in half so the finished zine measured 5.5 X 8.5 Once the zines were collated, they were dropped off to a printer to be trimmed.

12. Music

Music programs have been successful as reported by our Insiders. We recruited volunteers who play instruments, sing or do both. Music programs need not cost money; there are amateur musicians (or even professionals) who will donate their time for your Insiders. Library patrons, Micah and Mark, a father and son team, presented a guitar and flute program. They talked about the guitar and flute followed by lively music, some accompanied with singing. The Insiders participated by singing, humming, snapping fingers and swaying to the music.

Pat, a library staff member volunteered her time by delighting the Insiders with popular songs she played on her electric guitar. The group again enjoyed being a part of a live presentation and recognized many of the songs presented. As they were leaving one Insider stopped, clutched his heart with both hands, and said, “Those songs made my heart feel so good.” He expressed the feelings of many there that day.

13. Technology Days

Programs geared toward learning new technology can be repeated at any time during the year, and are essential to lifelong learning and independent living. Programs may include teaching the following: Catalog searches, placing holds, setting up email, email attachments, and Internet searching. All are important skills to have in order to take advantage of all the library resources available. At Contra Costa County Library we arranged to have our portable classroom delivered on technology days. The portable classroom consists of ten laptops and a teacher's computer and projector used for instruction. Participants may work independently or in groups. A librarian may provide instruction on any number of web-delivered resources, or each person may want to try something new on their own. Staff can be available to answer how-to questions or to guide a person toward a reliable information source.
Technology days came about as a result of an ARC Inroads staff request. They explained that the Insiders needed more time on the computer and needed extra help to log on or navigate the Internet. Restrictions that the library must have in place in order to provide equitable access for all library patrons, including time and space limitations, made the needs for a large group of people with disabilities a challenge. Many were having difficulty getting logged in to the computer, and needed help either setting up or checking email, and many simply ran out of computer time before they accomplished anything. Computer stations in study carrels are designed for only one person and limits opportunities for instruction or extensive conversation. Technology days solved the problem of group instruction and individualized help for Insiders. Many in the group are now independently using public computers and have volunteered to be a resource for others in the group who may ask for help.

If your library is equipped with a computer lab, reserve the space for your group and seek their input on the types of technology instruction they would like to have presented. If your library does not have access to laptops or a computer lab, then perhaps you can reserve the library’s public computers for one hour just prior to your library’s opening. This will promote Insider inclusion and become a step toward independent computer skills.

One of the Insiders proudly shared with library staff that she didn’t have time to chat because she had to go check her email. Let this be a strong indication, should this comment be directed to you, that your Insiders are gaining library independence and will have less time for you!

A few more program ideas...

- Nonfiction movies (Eyewitness series): rainforest, animals, the sea, etc.
- Service Dogs and trainers: Guide dogs for the blind
- Self defense demonstrations: Personal safety instruction, Karate or Tae Kwon Do
- Staff-delivered programs: Tap your human resources! Ask staff if they have any talents they’d like to share

Insight on Snacks: Many of our library Insiders have diet restrictions. Check with your program providers for a list of acceptable snacks for movie days, awards parties or those given as prizes. Our accepted list includes: pretzels, popcorn, sugar-free frozen treats, diet soda, water, sugar free candies.
Funding

At Antioch Library, we are proud to have a group that never hesitates to support library programs for our community through funds received from book sales. They are Friends of the Antioch Library, who unflinchingly have given to support the Insiders’ needs since the beginning. We appreciate each Friend who understands the importance of providing learning opportunities for adults with intellectual and developmental disabilities. San Ramon Library Foundation, another Friends-based group, has guaranteed support for this special project and future projects for people with disabilities.

Antioch partnered with Raley’s Supermarket, a northern California grocery store, and received $5 gift cards for each summer reading completer. Donations were relatively easy to secure with a phone call, or letter followed up with a phone call. If visiting in person, share an information sheet with a photo of one of the library programs and explain the purpose and goal of your program. Keep accurate records of your donors’ contact information and donations for use when you ask again. Asking for a donation one time per year is a reasonable request. Provide your donor with a thank you letter that describes the value of their donation to your Insiders.
The Collection

Be sure to keep magazines or other resources for people with disabilities, at wheelchair level reach. We at the library didn’t think of this! A member of the public made us aware that the library’s “Ability” magazine was on the top magazine shelf out of reach. Library staff placed it near the top because that is where the shelf began for magazines starting “A.” Even though it made sense to us at the time, our target audience for the magazine, was overlooked. Ironically, listed on the cover of Ability Magazine the month that it was brought to our attention, was a story entitled: “Little People Big World: Amy Roloff’s Cruise Cause,” an interview in which Amy Roloff discusses dwarfism with Chet Cooper. The magazine was moved to a waist high shelf shortly thereafter.

There are a number of “disability” magazines available, however we have found that our library’s collection of popular magazines (Life, People, Cosmo, Sports Illustrated, photography guides, etc.), receive a lot of attention from our Insiders. Antioch Library subscribes to Ability Magazine.

Ability Magazine
http://www.abilitymagazine.com/
The magazine covers issues facing people with disabilities including employment, travel, politics and new technologies. The magazine includes profiles of celebrities with disabilities or those involved in professional or social activities related to disabilities.

Play to Podium (Canadian)
http://play2podium.com/
A magazine for special needs families

Books
Don’t underestimate the reading and cognitive abilities of adults with developmental disabilities. Reading levels vary. In addition to some children’s nonfiction books, many in our library’s groups enjoyed books in the adult collection on the following subjects: beauty, hairstyle, crafts, wrestling, basketball, the ocean and animals; books from the oversize collection, including books about architecture, the environment, railroads and trains, and art.

All About Series: Birth and growth; digestion, senses, skin and hair, owls, sharks, frogs, lizards, and more.

Eyewitness Book Series: Music, Money, Flags, Animals, Seashore, Weather, Fish, Desert, Cars, Natural Disasters, NASCAR, ancient civilizations, etc.

People, written and illustrated by Peter Spier
A 1981 Christopher Award winner and picture book for all ages; can be read to groups and the topics of individuality and population discussed.

Dictionaries
Photo Dictionaries of all kinds

Music or Audio CDs and CD players
Antioch Library purchased two portable CD players for listening to music or audio books. Although CD players aren’t the newest in technology, users find them quick and easy to load and listen.
Resources

Adults with special needs planning guide
Wisconsin Department of Public Instruction. Adults with special needs: A resource and planning guide for Wisconsin’s public libraries.
http://dpi.wi.gov/pld/specialasn.html

The ARC of United States: Find a chapter of The ARC in your city or state
http://www.thearc.org

ARC of Contra Costa County (CA): ARC Inroads
http://contracostaarc.com/

TheArcLink.org. Internet instruction for librarians serving people with disabilities

Disability Resource Directory
Disability Magazines, resources, and newsletters

Bingo Cards: DLTKs Crafts for Kids
http://www.dltk-cards.com

Cognitive Disabilities Tip Sheet
http://www.ala.org/ala/mgrps/divs/ascla/asclaprotocols/accessibilitytipsheets/tipsheets/tipsheets/1%20development%20and%20co.pdf

East Bay Regional Park District (CA)
http://www.ebparks.org/

National Association of Council on Developmental Disabilities
National Down Syndrome Society
www.ndss.org

Reading Therapy Dogs
HALO Angel Ears Reading Therapy Dogs, Antioch, CA
www.eccchalo.org

Reading Education Assistance Dogs (R.E.A.D.): Chapters in CA and U.S.
http://www.therapyanimals.org/Find-Local-READ-Programs-and-Regional-Workshops.html

Articles and Books


Appendix

Summer Reading Award Certificate

Antioch Library

CONTRA COSTA COUNTY LIBRARY
Bringing People and Ideas Together
ccclib.org

Congratulations!

Bobby

You’ve completed
Express Yourself @ Your Library
Summer Reading 2009

Kathy Middleton
Senior Community Library Manager
Over the summer, we will be watering our minds and our sunflowers. Whenever you work on something from the activities listed on this page, write down what you did in one of the spaces below. Do ten things and earn prizes!

**Water Your Mind**

- Listen to music
- Write a short story or poem
- Play Wii games
- Take photos
- Water your Sunflower
- Read