

The Americans with Disabilities Act

The Americans with Disabilities Act

(ADA) became law in 1990. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.

In 2008, the Americans with Disabilities Act Amendments Act (ADAAA) was signed into law and became effective on January 1, 2009.

Massachusetts Architectural Access Board

The Architectural Access Board (AAB) develops and enforces regulations designed to make public buildings accessible to, functional for, and safe for use by persons with disabilities.

1 Ashburton Place, Room 1310
Boston, MA 02108
Phone: (617) 727-0660

Massachusetts Office on Disability

The Massachusetts Office on Disability (MOD) works to ensure the full and equal participation of all people with disabilities in all aspects of life by working to advance legal rights, maximum opportunities, supportive services, accommodations, and accessibility in a manner that fosters dignity and self-determination.

1 Ashburton Place, Room 1305
Boston, MA 02108
Toll Free: (800) 322-2020

Members & Contact Information

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Meetings

The Commission for Citizens with Disabilities meets every third Tuesday of the month at 6:30 pm. Meetings are held in Conference Room 201 on the second floor in City Hall.



**COMMISSION FOR
CITIZENS WITH
DISABILITIES**
59 Court Street
Westfield, MA 01085



COMMISSION FOR CITIZENS WITH DISABILITIES

City of Westfield, MA
www.cityofwestfield.org

Our Purpose

The Commission shall be empowered to:

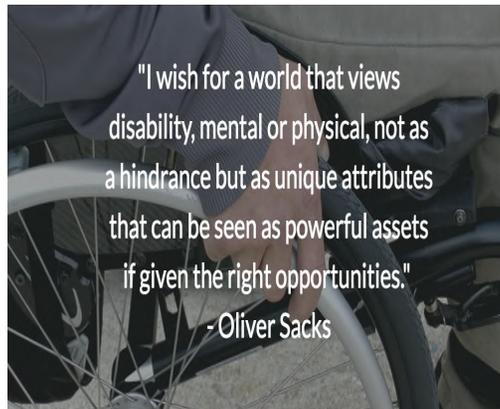
- ❖ Research and identify the problems of citizens of the City with disabilities;
- ❖ Advise and assist municipal officials and employees regarding compliance with state and federal laws and regulations that affect people with disabilities;
- ❖ Coordinate with other local groups and the State Office on Disability to carry out programs designed to educate people about the problems of those with disabilities;
- ❖ Provide information, referrals and guidance to individuals, public agencies, businesses and civic organizations in matters pertaining to disabilities;
- ❖ Review and make recommendations about policies, procedures, services, activities and facilities of departments, boards and agencies of the city that affect persons with disabilities;
- ❖ Coordinate activities of other local groups organized for similar purposes.

Who We Are

About Us

The Commission for Citizens with Disabilities for the City of Westfield was established in 19XX under the provisions of M.G.L.A.c. 40 § 8J.

The Commission consists of seven members who shall, in accordance with the City Charter, be appointed by the Mayor subject to confirmation by the City Council. No less than three members shall be individuals with a disability as defined in the Americans with Disabilities Act at 42 U.S.C. § 12102(2), as it may from time to time be amended. At least one member shall be a member of the immediate family of a person with a disability as defined above. At least one member shall be an elected or appointed official of the City.



10 Tips For Safety In The Community

1. **Awareness** – watch and listen.
2. **Shift your posture** – good posture increases peripheral vision and heightens senses. Walking or by chair, go with purpose.
3. **Know your “safe space”** – have a place and know where communication modes are available. Know the escape route in a building.
4. **Reactions in time of stress** – breathe and find a quiet place.
5. **Personal space** – be aware of others’ personal space. Put your leg out as a barrier.
6. **Don’t be afraid to advocate** – catch the next elevator if something doesn’t feel comfortable.
7. **Personal choice** – in tough situations, let it go. Be compassionate.
8. **Know your tools** – voices, hands, legs, mobility devices. If possible, be trained, if you choose self-defense.
9. **Expand your sense of environment** – crowds, gravel or muddy walks trails, auditory. Know your environment.
10. **Trust yourself** – a “gut” feeling is a vital combination of all your senses. Listen to your feelings. Stay alert, be confident, and be safe in your community.

- Barton Cutter, Director
NC Council of Developmental Disabilities
Mr. Cutter is a disabled career professional