



You're With Us!

The Why 2019

What do people want?

To be Healthy, Happy, and Safe

- Meaningful Day Activities (interesting things to do)
- To live in their own home
- To be able to get around
- Friendships and relationships



Statistics about people with disabilities

- 80+% unemployed or underemployed
- Only 6.1% own their own home (69% norm)
- Friendship voids and social isolation
- Vulnerable people at greater risk of violence
- Only 32% report being “very satisfied”
- Limitations in civic engagement
- Increased morbidity (10 to 12 years sooner)

Definition of Inclusion:

Inclusion means to be incorporated and welcomed into the community **as you are**



Why is inclusion important?

- Lets see:

- [Life is Good Love](#)

MEN'S BASKETBALL

[SCHEDULE/RESULTS](#) [ROSTER](#) [COACHING STAFF](#) [STATISTICS](#) [HISTORY](#) [NEWS](#) [HUSKIES IN THE PROS](#) [ADDITIONAL LINKS](#)

MAX'S MUSINGS

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Max Plansky, an important member of the Northeastern men's basketball team since the 2013-14 season, has taken on a new role this year in team blogger!

In order to type out his thoughts, Max uses a headswitch to navigate his communication device. This is an onerous task, which takes great patience and resilience to create an original sentence.

The Danvers, Mass. native, who has [interviewed his teammates in the past](#), will share his knowledge, bring his perspective, and voice his opinions this season.

Dec. 5, 2016 - Max's Take on Concussions

There is a new blood test available to detect concussions. When a person gets hit in the head, the brain releases proteins into the blood. The new blood test can detect the protein. The proteins stay in the blood for seven days. The blood test will be good for the players but bad for the game.

The test will be good for the players because it will help them play a safer game. I think the blood test will be bad for the game because it will change how it is played. I think the NFL will change the rules and the players will hit softer and not as high.

Isolation

Nearly 40 percent of young adults with autism never saw friends and half were not receiving any phone calls or being invited to activities

Isolation kills people. People who are more isolated than they want die 10 to 12 years earlier than those connected.

What is our number 1 punishment in America? Solitary confinement

***Why You're With Us!* eliminates isolation**

After the age of 12 people are most influenced by their peers.

Who are the peers of people with disabilities?

Bessel van der kolb (international trauma leader)...6 years ago research showed that the best way to get through trauma is through physical activity and being part of a group.

Inclusion not coming and knocking on your door



Benefits of being a member of a group

strength in a team - people desire being a part of a group.

Camaraderie

Self Sacrifice

Shared Hardship

Shared Experience

Quality of life

Harvard University has been doing research the past 75 years on quality of life....where does happiness come from...Robert Waldinger, current president of research project: Three main takeaways:

- Number one indicator of happiness and quality of life is quality relationships..
- Social connections are really good for us, and that loneliness kills
- Good relationships protect both our body and our minds

How *You're With Us!* improves quality of life

Quality of life improved by the following:

Creating positive quality relationships

How do we do that?

- Knowing the individual's story. Put yourself in their shoes.
- Making time for interaction with individual. Meet them when they arrive. Check in before they leave
- Belief in the individual's ability to succeed
- Praise individual's strengths and successes

