

Quarterly Newsletter

March 2026

March 23, 2025

Spring is here and it brings new opportunities for growth, connection, and community. At PAS, we remain committed to supporting you every step of the way on your self-direction journey.

Self-direction is built on choice, collaboration, and the shared goal of helping individuals live meaningful and independent lives. Whether you're managing supports, building your team, or working toward personal goals, access to the right information and resources can make a meaningful difference.

We're grateful for the trust you place in us and for the opportunity to support this community. Thank you for being part of the PAS family.

— Karen Dillon, *PAS Operations Manager*

In today's email:

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- Planning for Warmer Weather & Outdoor Accessibility
- Understanding Your Service Plan
- Michigan Disability Resources
- Participant Spotlight: Benjamin Marches to His Own Beat
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- "Existing as a Disabled Woman Is a Radical Act"
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Upcoming Awareness Days/Months

March 2026 — Developmental Disabilities Awareness Month

March 2026 — Women's History Month

April 2026 — Autism Acceptance Month

April 2 — World Autism Awareness Day

April 5 — Easter Sunday

April 22 — Earth Day

May 2026 — Mental Health Awareness Month

May 5 — Cinco de Mayo

May 10 — Mother's Day

May 21 — Global Accessibility Awareness Day (GAAD)

May 25 — Memorial Day

Planning for Warmer Weather & Outdoor Accessibility

As the weather gets warmer, many people look forward to spending more time outside. Outdoor activities can support physical health, social connection, and overall well-being.

1. Check Accessibility Ahead of Time

Before heading out, consider:

- Are paths paved or smooth enough for mobility devices?
- Are accessible restrooms available?
- Is there shaded seating?
- How far is parking from the entrance?

Many parks and community spaces list accessibility features online. A quick check can help avoid surprises.

2. Prepare for Heat and Sun

Warmer weather can increase health risks, especially for individuals with medical conditions.

Plan to:

- Bring water and stay hydrated
- Use sunscreen and wear hats
- Take breaks in shaded or cool areas
- Avoid the hottest part of the day

3. Check Equipment

Before heading out:

- Make sure wheelchairs, walkers, or adaptive equipment are in good working order
- Charge batteries for powered devices
- Bring any needed supports or backup supplies

Small checks ahead of time can prevent bigger problems later.

4. Have a Backup Plan

Weather can change quickly. Have an alternative plan in case of:

- Extreme heat
- Storms
- Transportation issues

Indoor community spaces, libraries, or accessible recreation centers can be great options.

Understanding Your Service Plan

Your service plan outlines the services and supports that have been approved to help meet your needs. The plan is created with your team and is based on your goals, daily needs, and overall well-being. It helps guide how your services should be used.

Your service plan may include things like personal support, community activities, or help with daily tasks. Each service has a certain number of approved hours or units. It is important to use services in the way they are described in your plan so that your supports run smoothly.

If your needs change, your service plan may need to be updated. This could happen if you need more help, different types of support, or a change in your schedule. If you think your plan no longer reflects your needs, reach out to your team or coordinator to discuss possible updates.

Michigan Disability Resources

The State of Michigan's Disability Resources hub connects residents to programs and supports related to employment, education, housing, health, transportation, assistive technology, and more. Find state services, benefits information, and tools that can help people with disabilities and their families access the resources they need.

[Explore more resources](#)

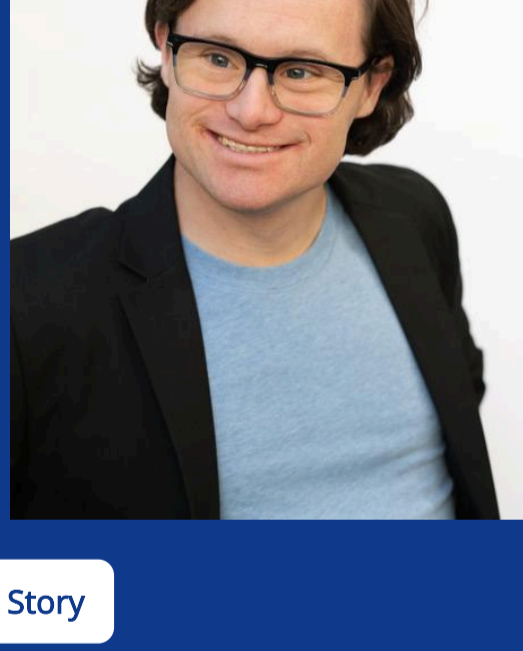
Participant Spotlight

Benjamin Marches to His Own Beat

Some people follow the crowd. Others create their own rhythm.

When you meet Benjamin Golden, you quickly learn he isn't interested in fitting into anyone else's mold. As his mom Kristi says, "He definitely has his own drumbeat going."

And in Benjamin's case, that's true in more ways than one—he literally plays the drums.



[Read Benjamin's Story](#)

March is Developmental Disabilities Awareness Month

This year's national theme, "We're Here: Then, Now, Always," highlights a simple but powerful truth: people with developmental disabilities have always been part of our communities and will continue to shape them in the future.

Explore resources, stories, and ways to get involved in building more inclusive communities.

[Learn more](#)

"Existing as a Disabled Woman Is a Radical Act"

March is Women's History Month. In this powerful essay, disability rights activist Emily Ladau reflects on the expectations, stereotypes, and resilience that shape her experience, writing that existing as a disabled woman can itself be an act of resistance.

[Read the full essay](#)

Self-Direction Resources for Participants and Direct Care Workers

Find more information and additional support for every aspect of your self-direction journey, including enrollment, payroll, and government resources. For Direct Care Workers, we provide links to required training.

[Stay informed](#)

Share Your Story

If you know someone who has used self-direction to build a life of independence, whether through employment, community engagement, or personal growth, we'd love to share it. Your story could be the next spotlight that inspires others to dream big.

[Share your story](#)

