

A.A.® Guidelines

**Serving Alcoholics
With Special Needs**

from G.S.O., Box 459, Grand Central Station, New York, NY 10163

A.A. Guidelines are compiled from the shared experience of A.A. members in various service areas. They also reflect guidance given through the Twelve Traditions and the General Service Conference (U.S. and Canada). In keeping with our Tradition of autonomy, except in matters affecting other groups or A.A. as a whole, most decisions are made by the group conscience of the members involved. The purpose of these Guidelines is to assist in reaching an *informed* group conscience.

While there are no special A.A. members, some members need special help to receive the A.A. message. For the purpose of these Guidelines, we define A.A.s with special needs as persons who are blind or visually impaired; deaf or hard of hearing; chronically ill or homebound, those who are developmentally disabled, and many others who may have less visible challenges.

GENERAL GUIDELINES FOR ALL SPECIAL NEEDS ACCOMMODATIONS

Respect for the dignity of others is the foundation for all our efforts to carry the message to alcoholics with special needs, with emphasis on identification rather than on how we are different. As one deaf A.A. put it, "I'm just an alcoholic, like everyone else here. I have the same need to be a 'worker among workers' and not be singled out for special treatment. If you can just make the program available to me, I'll do what I have to do to work it." The goal is to include all alcoholics in the wonderful experience of belonging to a group and partaking of a full range of benefits of membership.

Beyond helping those in your own group or committee, others may be informed about carrying the message to alcoholics with special needs through workshops and presentations at A.A. gatherings, such as area assemblies, conventions, conferences, round-ups and Regional Forums.

CARRYING THE MESSAGE TO A.A.s WITH PHYSICAL DISABILITIES AND/OR CHRONIC ILLNESSES

Our Fellowship includes A.A. members who are brain injured, confined to their beds with a chronic illness, or who use wheelchairs, walkers or crutches. Members of a group may feel stymied when first faced with these out-of-the-ordinary challenges but, in fact, there are many accommodations which can be made so that alcoholics with special needs can be active, participating members of a "regular" group. Some adjustments are simple and some are more complicated—but all are possible.

Often A.A.s take a meeting to an A.A. member who is home- or house-bound. "I can't tell you," one hospitalized A.A. reported, "what a difference it made in my mental and emotional state when those six people showed up in my room carrying the message of A.A. and all the love and support of our Fellowship. And they did it twice a week for three months, until I was able to make meetings again! I was so down in the dumps before; I really had sort of given up—and, to be honest, I had started thinking I might as well have a drink, since I was dying anyway. But hearing the experience, strength and hope of others in the

program inspired me to fight both my illnesses—the cancer and my alcoholism. I don't know what I would have done without A.A. at that low point in my life."

For members with physical challenges who aren't confined to bed, A.A.s in their group often drive them to and from meetings, install wheelchair ramps over steps to the meeting room, and arrange the room so that there is ample space for wheelchairs or walkers. It is important to identify meetings accessible for wheelchair users in local meeting schedules. It is also important to make sure restrooms at the meeting place are wheelchair accessible.

Services and material available for members who are chronically ill and/or have limited ambulatory ability include the *Loners/Internationalist Meeting (LIM)*, a newsletter for A.A. members who are in isolated areas, at sea, or home- or hospital-bound (known as Homers) and stay in touch with other members by mail and newsletters. For information about *LIM* call G.S.O., 212-870-3400, or email LIM@aa.org. Many A.A.s share via on-line meetings. You may contact the On-line Intergroup of A.A. (www.aa-intergroup.org) for further information.

CARRYING THE MESSAGE TO DEAF OR HARD OF HEARING A.A.s

For members who are deaf or hard of hearing, the use of a skilled American Sign Language (ASL) interpreter is encouraged. The Special Needs-Accessibilities Committee can compile and maintain a list of meetings where ASL interpreters are available, as well as a list of ASL interpreters who are willing and able to sign at A.A. functions. The cost of ASL interpreters can be a factor for groups. In some areas, the intergroup or district committees provide financial assistance and/or help coordinate efforts to make signed meetings available.

Some intergroup/central offices communicate to deaf/hard of hearing A.A. members and newcomers through the Telecommunications Relay Service (TRS), which is offered in most communities. Dial 711 to reach the service. The operator transcribes the verbal portion of the conversation for the deaf A.A. member. There is no charge, except for long distance.

It can be helpful when a deaf member comes to your group, to put them in touch with a member who is willing to communicate with them through the TRS. Also, when speaking, remember to look directly at the deaf or hard of hearing member, since many are able to read lips. A.A. groups with the help of local central office/intergroup, district or area committees can initiate efforts to start new A.A. groups or meetings that are more accessible to deaf or hard of hearing members.

Services and material available for the deaf and hearing impaired include a DVD of *Alcoholics Anonymous, Twelve Steps and Twelve*

Traditions and the pamphlet "A.A. for the Alcoholic with Special Needs" in ASL. G.S.O. can provide the following pamphlets, which have been rewritten for reading and signing purposes: "A Newcomer Asks," "A Brief Guide to Alcoholics Anonymous," "Translation of the Twelve Steps," "Translation of the Twelve Traditions," "Is A.A. For You?," "Do You Think You're Different?," "How It Works," "This is A.A.," and "Is A.A. for Me?" Deaf members are welcome to participate in the *LIM*. For more detailed information see the A.A. Guidelines on Carrying the A.A. Message to the Deaf Alcoholic.

CARRYING THE MESSAGE TO BLIND OR VISUALLY IMPAIRED A.A.s

For A.A. members who are blind or visually impaired, simply getting to the meeting room can be the biggest problem. The Special Needs -Accessibilities Committee can compile and maintain a list of sighted members who are willing to provide transportation to and from meetings and other A.A. functions. Several groups have asked their local central office or intergroup to code Twelfth Step lists to identify members who are willing to provide transportation. Volunteers may be asked to guide the blind or visually impaired newcomer to chairs, the hospitality table and rest rooms, until that member is acquainted with the surroundings. Meeting rooms should always be set up exactly the same way, or else the blind or visually impaired members should be alerted to what's different. Banging into a chair or a table in what was empty space at the prior meeting can be both dangerous and embarrassing.

Services and material available to help the blind or visually impaired alcoholic include books and pamphlets available in Braille, in large print, and/or on CD.

EASY-TO-READ LITERATURE

Some alcoholics are unable to take advantage of the wealth of supportive and informative literature in A.A. If you become aware that a member might have a limited ability to read, there are several ways to be helpful without embarrassing him or her.

For instance, when your group's literature chairperson announces which books and pamphlets are available at that meeting, he or she can also mention the numerous books, pamphlets and Grapevine articles which are available in audio formats. Or, if you think a member of your group might have limited reading skills, you can structure your Step and Traditions meetings so that the Step or Tradition is read aloud at the beginning of the meeting—which is great for everyone!

Services and material available to help developmentally disabled A.A.s include CDs and DVDs; illustrated, easy-to-read literature, such as "Is A.A. For Me?," "Twelve Steps Illustrated," "Too Young?," "What Happened to Joe," "It Happened to Alice," and "It Sure Beats Sitting in a Cell."

SPECIAL NEEDS-ACCESSIBILITIES COMMITTEES

Some A.A. entities are attempting to meet such needs by forming Special Needs-Accessibilities Committees. Since the goal is to make A.A. accessible, some committees refer to themselves as Accessibilities Committees. In some localities committees name themselves according to the specific need addressed, such as "Hearing Impaired Committee." When one or more members of an A.A. group have special needs group members try to help. Members of Special Needs-Accessibilities Committees often explore, develop and offer resources to make the A.A. message and participation in our program available to everyone who reaches out for it. A G.S.O. staff member who serves on the Special Needs-Accessibilities assignment, is available as a resource and communicates with local Special Needs-Accessibilities Committees.

In the interests of good communication and working together, Special Needs-Accessibilities Committees are encouraged to keep their area committees and local central/intergroup offices informed of their activities. It is also helpful to work closely with committees handling Public Information and Cooperation With the Professional Community in terms of keeping the public and appropriate agencies informed about A.A. being accessible to alcoholics with special needs.

HOW TO ORDER A.A. SPECIAL NEEDS MATERIAL

The final section of the catalog Conference-approved Literature and Other Service Material lists a wide range of literature and audio-visual material for alcoholics with special needs.

SUMMARY

Our Big Book says, "We are people who normally would not mix," and this is especially true when someone is a little "different" from the others. But the rewards of giving this kind of service to a fellow alcoholic are immense! Group unity grows stronger, the person with special needs is included and respected as a fully-participating member of the group, and everyone's sobriety is strengthened. When faced with the challenges of accommodating a special need, we would do well to remember: "When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."

Please share with the General Service Office your experiences and successes in carrying our A.A. message of recovery to alcoholics with special challenges to receiving that message. G.S.O. will in turn share your experience with any A.A. member trying to reach out to alcoholics with special needs.