

Right Resources, Right Now

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Welcome! I'm Jess Chaiken, I'm the media and public education manager for the National Rehabilitation Information Center or NARIC. This is Right Resources, Right Now: Disability and Rehabilitation Resources You Can Use TODAY! I'm going to present items created by federal funded projects that are "shovel ready", that you can use to support the full participation of people with disabilities in their communities.

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A bit about NARIC and the community we work with. We are a library and information center and we focus on disability and rehabilitation research. We've been around for more than 30 years. We offer free information and referral services in English and Spanish as well as document delivery from our collection – a unique collection of disability and rehab literature. We serve as the library and dissemination center for the National Institute on Disability, Independent Living, and Rehabilitation Research or NIDILRR. NIDILRR is part of the Administration for Community Living (since 2014) and funds about 250 projects each year in these domains that you see here – H&F, employment outcomes, community living and participation, technology for access and function. They also fund projects that build capacity by supporting emerging scholars, projects on demographics, and knowledge translation or KT. NARIC falls under that KT.

A quick intro to the types of projects that NIDILRR funds. They range from 5-year Centers to 6-month feasibility studies. The first two types of centers are where NIDILRR spends much of its budget. The Rehabilitation Research and Training Centers and the Rehabilitation Engineering Research Centers are funded to answer a specific need, such as community living for people with developmental disabilities or technology for successful aging. The Disability and Rehabilitation Research Projects are similar, they usually respond to a specific need such as the National Center for Parents with Disabilities or KT for Technology Transfer activities. The ADA centers help people with disabilities and private and public entities to understand their rights and responsibilities under the ADA and other civil rights laws. The Model Systems focus on SCI, TBI, and burn injury and what it takes for a person to get from point of injury to full participation. The remaining projects don't necessarily focus on issues of national need, but they conduct research that the field needs: Field Initiated projects conduct research or development on a wide array of topics, fellowships go to individuals in the early stages of their research careers, ARRTs train up-and-coming academics and professionals in disability and rehabilitation research, SBIRs develop technology that will ideally go to the marketplace.

Many of the projects have been around, in one form or another, for 20 to 30 years. So all of these projects produce stuff. Most of it in the form of journal articles (which we collect) but they also produce a lot of material designed to meet the needs of non-researchers: clinicians, therapists, teachers, social workers, and, most importantly, people with disabilities and their supporters. So let's look at a few examples from the community and, at the end, I'll tell you where you can find more!

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So remember those "domains": Health and Function, employment outcomes, community living and participation, technology for access and function. The next few slides will follow those domains. So here are examples of a few tools to help people get and stay healthy. The first two come from a center

focused on psychiatric disabilities and co-occurring medical conditions. This center is also supported by SAMHSA. Promoting Wellness for People in MH Recovery is a guide for organizations to put on an inclusive health fair aimed at people with MH conditions, giving them tools to manage things like diabetes or hypertension, incorporate exercise, get health screenings, quit smoking etc. The second is a diabetes toolkit that is packed with information again aimed at people with serious mental health issues. Much of it is in plain language. It was developed with the American Diabetes Association and their materials are incorporated. The next is from the Women Be Healthy project which was aimed at improving cancer screening in an underserved community (women with I/DD), and these are the components of the curriculum. It includes materials for women themselves, their caregivers, and health care professionals, it includes some really nice PSAs of women with I/DD talking about the importance of these screenings. The Health Matters program is affiliated with the RRTC on Healthy Aging with Developmental Disabilities. The program teaches people with IDD about nutrition, being active, getting screenings, etc. There's an implementation guide you can purchase to use this program in a center or you can have a trainer come out and work with center staff to implement it. There are fees involved to purchase or implement this program. Similarly, the Living Well and Working Well courses, developed by a center that focuses on disability and rural issues, give people with disabilities tools to be healthy and actively participate in the community and at work. <read the text> The Living Well with a Disability Program was recently featured by the CDC as an effective health promotion program. The Working Well program is similar but focuses on the importance of good health for work and the importance of work for good health. Lastly, these are two examples of videos developed by grantees. On the left is a video showing how a person in a wheelchair transfers into their car. The wheelchair transfer video is from a How-to series that shows you everything from how to put on make-up to gym exercises for upper-body strength. On the right is a video of a panel discussion on managing the caregiver relationship. This is part of a regular series from a model system center in Washington state that holds forums on a wide range of topics including health and wellness, sexuality, mental health, parenting and more.

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On to tools for improving Employment Outcomes among people with disabilities. NIDILRR funds quite a lot of research and development focused on employment, particularly successful transition of young people with disabilities from school to employment. They focus not just on job seekers, but also employers, voc rehab counselors, hiring managers, and policy makers. The first item up here is from a center in Mississippi that focuses on employment outcomes for people who are blind/low vision and this link goes to a career preparation curriculum called Career Advantage for VIPs. It could be used by a young person who is blind and transitioning out of school, or someone who is older and building their job skills. This second sample is from a center in Boston that focuses on young people with mental health issues who are transitioning from school to work. For example, here are several factsheets finding and keeping a job, disclosing a disability, and working with VR. Several of these were developed with and reviewed by young people with mental health disabilities. This project does a lot of work on peer to peer solutions. They also have a great program called Voices 4 Hope, a website written by and for young people with MH conditions. Lots of fun stuff there like videos and blogs. The research2vr practice center focuses on spreading evidence-based practice in voc rehab, giving counselors, administrators, and other VR professionals information on the latest practices, such as this article on using iPod touch as an assistive technology for workers with autism. They summarize research articles in clear, professional language. They also have regular webinars, a community of practice, and a tool to help counselors

evaluate research and integrated it into their practice. Last one here is a center that focuses on employment of people with physical disabilities and they have an Accommodations Corner highlighting real-world examples of accommodations. People can also submit their own accommodation successes to this database. This RRTC also does a lot of webinars for employers, HR professionals, and much more.

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Continuing with NIDILRR's priority areas, these are resources to support full participation of people with disabilities in the communities of their choice. The first is from the Temple University Collaborative focusing on participation of people with psychiatric disabilities. They've done research on what is important to community participation such as the role of things like leisure, recreation, and faith communities in community inclusion. They have guides, factsheets, webinars, infographics, and other resources in all of these areas. This is an infographic taken from their research on how mental health providers can connect to faith communities. They also have a guide for faith communities on how they can create welcoming and supportive places for people with mental health issues. The Center on Brain Injury Research and Training has had several projects dealing with traumatic brain injury or TBI, some focusing on children and youth, others on families. Family Support After TBI provides information about traumatic brain injury (TBI) and strategies to manage the cognitive, behavioral, and social changes that may arise after a TBI. It's designed to teach family members about tools that help create a brain injury friendly environment at home. I'm sure some of you here are familiar with Through the Looking Glass in Berkeley CA? They have run a national center for parents with disabilities for about 15 years and recently partnered with the Reeve Center to publish the Parental Rights Toolkit for parents with disabilities. This here is their guide for grade school teachers on how to incorporate Parents with disabilities in the classroom. This guide was developed under their NIDILRR center. It guides teachers on first-person and inclusive language, books for young readers about disability, accommodations for parents to participate in the classroom, legal responsibilities, and so on. Through the Looking Glass has many resources for parents and grandparents with disabilities, I recommend exploring their site. Project TEAM which stands for Teens Making Environmental and Activity Modifications, was developed under a field-initiated grant at Boston U. and it empowers youth with developmental disabilities ages 14-22 to identify and advocate for environments that support their participation in school, work, and the community. It's a group-based intervention designed to be co-facilitated by an experienced leader with a disability (disability advocate) and a licensed service provider (such as an occupational therapist, social worker, or educator). All of the materials are available through the YELL Labs at BU. You just shoot them an email and they will send it to you.

This last item is the Life Skills Manual. It was developed through another FI grant. It was developed and field tested by an OT. It's a four-part manual, each manual is 300 or so pages, that teaches people with mental health issues transitioning from homelessness to stable housing the life skills they will need to be successful: home and self care, nutrition, safety, money management, basic health. It includes facilitator and participant sections and can be done in a group setting or individually. If you go to our website at naric.com you'll find a form to submit an order and we'll email it to you. We've sent copies to therapists, counselors, educators, administrators, and family members all around the world!

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The last domain I'm going to talk about is technology for access and function. This can be anything from communication boards and apps to prosthetics to robotics (in fact there are several projects testing exoskeletons). I have a few examples of technology that is already in use. The first is AbleData, which

isn't really technology itself but is probably the best objective source of information on assistive technology. You can see some of the most recent additions to the database: the Capti Narrator, a screen reader, a test anxiety app, braille blocks. AbleData includes something like 40,000 products and manufacturers, including DIY entries, plus guides and factsheets on things like voting and AT, how AT is developed and how you can participate in beta testing. The next few are examples of technology that is available for use or purchase, many of which were developed through the small business innovation research program, the goal of which is to bring products from feasibility study to the market place: Touch Graphics makes talking and tactile maps, museum guides, transit maps. If anyone here as gone to the Smithsonian Natural History Museum, they have TouchGraphics talking maps for their exhibits. They combine a lite-scribe pen with laminated maps – touch the pen to a section of the map and it reads aloud. They partnered with BART on their tactile maps. Here's their tactile map of Lincoln Center in NYC, my old stomping grounds. If you live in Pittsburgh or NY you can download Tiramisu, a free app that will tell you when the next bus is coming, whether it's accessible, and whether there is a seat available. It's "crowd powered" so it relies on many people running the app and recording trips. This came out of the Research Engineering Center on Accessible Public Transportation at U Pitt. AbleLink Tech develops software and apps for people with developmental or cognitive disabilities – here's a young man using one of their apps to support him in getting to and from work independently. They have apps that help with scheduling, communication, using social media and email. Lastly, the Rehab Engineering Research Center for Wireless Technologies has partnered with AT&T's corporate accessibility office on Wireless Independence Now! Workshops. These are live, in-person workshops where center staffers will go over all the accessibility features of the most common smart phones. They're free, open to the public, and will not include any sales pitches. The RERC has posted the PPT slides for these workshops along with the schedule of upcoming in-person opportunities.

Second to last slide

But wait! There's More! That was going to be my last set of resources but when I originally put it together, I thought "what about the stuff from the MSKTC?" "What about the ada hospitality stuff?" "what about all the statistical reports?!" So really, briefly, and please go check these websites out:

The Model Systems Knowledge Translation Center takes all the amazing stuff from all those projects focused on TBI, SCI, and Burn injury and turns them into excellent consumer level products like videos, factsheets, hot topic modules like returning to work after burn injury, TBI InfoComics that explain TBI recovery in graphic novel format, really great for younger family members trying to wrap their head around TBI.

The ADA Regional Centers, there are 10 of them, all reached by the same phone number 800/949-4ADA or 4232, also produce a wealth of resources. In particular the ADA Hospitality website is designed for the hospitality business sector (hotels, restaurants, etc) to train their employees on providing good customer service to people with disabilities, whether it's through accommodations or appropriate language and behavior, also for HR managers in hospitality looking to diversify their workforce. ADA Basics is an online course that does just that. Accessible Tech guides you to technology for the workplace. Pacific ADA has partnered with FEMA to produce webinars on emergency management and disability. Again, a small sample of what the ADA centers have available to put to use.

If you're looking for current statistics on disability, employment, service use, you can head to researchondisability.org and the disability statistics compendium. Published annually by the Stats RRTC.

And I really could go on!

Last slide

That was really just a small sample of the incredible work this community does and the wealth of resources they put out each year. I promised I'd tell you where to find more. We have a weekly newsletter called News and Notes – each issue includes a resource highlight, upcoming events like webinars, news from the community, and opportunities to participate in research. You can sign up free at our website, naric.com. You can also search through back issues. Each issue is also translated into Spanish. You can read our Spotlight Blog which is up on Wordpress. We have a category called Right Resources Right Now, which are articles that highlight specific resources tied to different topics, along with research available from our collection. You can follow us on social media, in English and Spanish, here are our various handles. You can also get in touch: Call us toll free, email us, if you're on our website during business hours you can also chat with us.