Outstanding Programs to Replicate to Promote the Health of People with Disabilities

For Training Consumers

- North Carolina Office on Disability and Health
  “This booklet was designed to present breast health information in easy-to-read language and a readable format … for women with intellectual disabilities and other women with low literacy skills.” Visit: http://www.fpg.unc.edu/~ncodh/publications.cfm

- Rural Institute on Disability, University of Montana
  “The Living Well with a Disability Program is an eight-week workshop using goal setting and problem solving as the framework for developing healthy lifestyles.” Visit: http://rtc.ruralinstitute.umt.edu/health/LivingWell.htm

- Center for Research on Women with Disabilities (CROWD)
  Provide health information for women living with physical disabilities. Call: 800-442-7693 or visit http://www.bcm.edu/crowd/

- Breast Health Access for Women with Disabilities (BHAWD)
  Information on how to perform a breast self-exam and resources to receiving breast health care that is tailored to women with special needs. Call: (510) 204-4866 or visit http://www.bhawd.org

- National Center on Physical Activity and Disability (NCPAD)
  NCPAD is an information center concerned with physical activity and disability. Our goal is to provide you with options and information to help you pursue whatever kind of activity you think you would enjoy. The important thing is not what you do, but that you do something. Indoor or outdoor, recreational or competitive, solo or team, easy or intensive, NCPAD has the resources, contacts, and assistance you need. Look through our site. Let us know what we can do to help YOU become more active. Visit: http://www.ncpad.org/ or call 1-800-900-8086.

For Training Medical Professionals and Paraprofessionals

- School of Medicine, University of South Carolina
  This program includes a “lecture in the second year of medical school, followed by a seminar, with interactive components, during the third year Family Medicine clerkship. The 90-minute session is presented to all third year medical students during the 6-week FM clerkship. It includes scenarios that focus on disability as a demographic characteristic, medical condition, and secondary considerations in typical primary care visits while emphasizing the many issues that are not different from the average population. The medical students are all tested at the end of their Family Medicine rotation using Standardized Patients (SP), with and without disabilities, on the Objective Structured Clinical Exam (OSCE).” Visit http://www.sciodh.com/activities

- World Institute on Disability
  Video: Access to Medical Care: Adults with Physical Disabilities. “The twenty-minute video/DVD and training curriculum for physicians, dentists, nurses, and other medical staff covers issues that affect the quality of care for patients with disabilities in outpatient
clinical settings. Interviews with expert medical providers and a diverse group of people with disabilities address cultural competence; access and communication issues in the clinic; common myths and stereotypes about disability that interfere with accurate assessment of patients; and barriers to health care delivery.” Visit: http://www.wid.org/publications/access-to-medical-care-adults-with-physical-disabilities

- **National Center on Physical Activity and Disability**
  Although this site is designed for the consumer, it provides an excellent resource for medical professionals to learn ideas to suggest for their patients with physical disabilities. Visit: http://www.ncpad.org/ or 1-800-900-8086.

**For Removing Barriers**

- **Oregon Institute on Disability and Development, Oregon Health and Science University**
  Our Community Engagement Initiative increases access to health care for Oregonians with disabilities through partnerships with the disability community and health care infrastructure throughout Oregon. The process begins with a Town Hall Meeting where people with disabilities and their families can talk about what changes they would like to see in their community. The OODH takes those ideas to doctors, other providers of health care and the local government to see how the issues might be resolved. Finally, the OODH works with all of these groups to find solutions that everyone can commit to. Visit: http://www.ohsu.edu/oidd/cca/oodh/projects/CEI/index.cfm

  **Removing Barriers to Health Care: A Guide for Health Professionals**
  This booklet, developed by NCODH and the Center for Universal Design at N.C. State University, walks the health care provider through the process of making a medical facility physically accessible. It is complete with specific ADA requirements, picture illustrations, and some helpful tips on creating accessible environments and services. Visit: http://www.fpg.unc.edu/~ncodh/publications.cfm

  **For more information, contact:**
  **Amanda Reichard, PhD**
  RTC/IL
  The University of Kansas
  1000 Sunnyside Ave.
  Lawrence, KS 66045-7555
  Phone 785-864-4095
  TTY 785-864-0706
  FAX 785-864-5063
  E-mail: Reichard@ku.edu
  www.rtcil.org