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## Volume 8, Issue 7

A monthly publication of NCPAD - the NATIONAL CENTER on PHYSICAL ACTIVITY and DISABILITY [www.ncpad.org](http://www.ncpad.org).

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## From the Editor's Desk: Celebrating Independence

Independence is important, and what better month to recognize that than July. This month we celebrate the independence of our country with a hugely popular and firecracking holiday on July 4th, and we also celebrate Disability Independence Day on July 26th. This latter date in 2009 signifies the 19th anniversary of the signing of the American with Disabilities Act (ADA). Another form of technology-related independence is addressed in this month's director's column which discusses how scooters and power wheelchairs, though valuable in increasing independence in daily activities, may potentially have negative

implications on health. On the contrary, read this month's Community Voice and NUDGE column to learn about one reader's experience with a piece of technology that made her more independent thereby increasing her options for healthy activities.

Send your questions and comments to Blythe Hiss, NCPAD News Editor, at [sbonne2@uic.edu](mailto:sbonne2@uic.edu).

## **Director's Column: Rise in Scooters and Power Wheelchairs Could Increase Risk of Obesity**

The exhibit hall at the Rehabilitation Engineering Society of North America (RESNA) conference in New Orleans last month was bustling with manufacturers of powered wheelchairs and scooters. The value of these assistive technologies in allowing people with disabilities to manage various aspects of their daily lives has had an enormous impact on improving their overall quality of life and independence. Whereas 10 years ago you would occasionally see someone using a scooter or power wheelchair, today it is not uncommon to observe someone using one of these devices almost daily.

To read this column, go to [http://www.ncpad.org/director/fact\\_sheet.php?sheet=722](http://www.ncpad.org/director/fact_sheet.php?sheet=722).

## **From the Information Specialist's Desk: Be Aware!**

### **Webinar on Disability Awareness and Americans with Disabilities Act (ADA) and Facility Design, Monday, July 13, 2009**

This is the first of six sessions of the first webinar series for the Certified Inclusive Fitness Trainer, a new specialty certification from the American College of Sports Medicine (ACSM). In this session, you will learn basic disability terms, law, and etiquette as well as how to adapt the environment of your facility and provide appropriate community resources.

Mondays, July 13 - August 17, 2009  
Eastern: 7:00-8:30 p.m. | Central: 6:00-7:30 p.m.  
Mountain: 5:00-6:30 p.m. | Pacific: 4:00-5:30 p.m.

These six 90-minute sessions are all live on-line webinars using voice-over-IP. The fee to participate is \$240 for the series, or \$45 for each individual session, and you can earn 9.0 ACSM CECs.

To register, go to <http://www.acsm.org/register> or click here to learn more about each presentation. For more information about the CIFT, go to the Webinar for ACSM's Certified Inclusive Fitness Trainer.

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## **Monthly Observances:**

### **National Therapeutic Recreation Week, July 12-18, 2009**

National Recreation and Park Association  
(800) 626-NRPA (6772)  
<http://www.nrpa.org>

#### Related NCPAD Resources

- Therapeutic Recreation Services

- [http://www.ncpad.org/fun/fact\\_sheet.php?sheet=47](http://www.ncpad.org/fun/fact_sheet.php?sheet=47)
  - Discover Leisure Education
    - <http://www.ncpad.org/get/discoverleisure/find7.html>
  - Searchable Programs Directory
    - <http://www.ncpad.org/programs/>
- 

## **Juvenile Arthritis Awareness Month**

Arthritis Foundation

(800) 283-7800

[help@arthritis.org](mailto:help@arthritis.org)

<http://www.arthritis.org>

Related NCPAD Resources:

- Your Writes: Don't Stay on the Sidelines: Find an Accessible Fitness Facility
    - [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=215](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=215)
  - Eating Well to Fight Arthritis
    - [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=629](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=629)
- 

## **National Youth Sports Week, July 20-24, 2009**

National Recreation and Park Association

(703) 858-0784

[dvaira@nrpa.org](mailto:dvaira@nrpa.org)

<http://www.nrpa.org>

Related NCPAD Resources:

- The Rationale and Benefits of Sport Participation for Youth of All Abilities
  - [http://www.ncpad.org/lifetime/fact\\_sheet.php?sheet=449](http://www.ncpad.org/lifetime/fact_sheet.php?sheet=449)
- Director's Column: Emphasis on Winning Banishes Many Youth, With and Without Disabilities, from Playing Fields
  - [http://www.ncpad.org/director/fact\\_sheet.php?sheet=527](http://www.ncpad.org/director/fact_sheet.php?sheet=527)
- Program Considerations for Integrating Children with Disabilities into Community Sports and Recreation Programs
  - [http://www.ncpad.org/fun/fact\\_sheet.php?sheet=96&ion=734](http://www.ncpad.org/fun/fact_sheet.php?sheet=96&ion=734)
- Searchable Programs Directory
  - <http://www.ncpad.org/programs/>

## **F.I.T.T. Column: Paralympic Powerlifting Demonstration**

Guest author: Jessica Madrigal

From June 4 to June 7, 2009, World Sport Chicago teamed with USA Weightlifting to present the 2009 Pan-American/Ibero-American Weightlifting Championships and the U.S. National Championships. During this time, nearly 280 athletes from 23 nations assembled in Chicago for this world-class weightlifting

competition. The Pan-American Championships featured weightlifters from across the Western Hemisphere and Spain, while the U.S. Nationals featured the best athletes from across the country competing for the title of National Champion.

For the full column, including video clip of a Paralympic Powerlifting Demo, go to [http://www.ncpad.org/fitt/fact\\_sheet.php?sheet=726](http://www.ncpad.org/fitt/fact_sheet.php?sheet=726).

## **Nutrition Spotlight: Physical Activity and Healthy Eating: The Perfect Combination for Weight Management**

When it comes to managing your weight and achieving better health, physical activity and healthy eating are both essential. The American Dietetic Association says, "It is the position of the American Dietetic Association that successful weight management to improve overall health for adults requires a lifelong commitment to healthful lifestyle behaviors emphasizing sustainable and enjoyable eating practices and daily physical activity."

The most meaningful words in that statement (aside from physical activity and eating practices!) are lifelong commitment. Most people instinctively know that for weight loss or weight maintenance, the key is a lifestyle change.

For the full column, go to [http://www.ncpad.org/nutrition/fact\\_sheet.php?sheet=723](http://www.ncpad.org/nutrition/fact_sheet.php?sheet=723).

## **NCPAD Your Writes: Frequently Asked Questions about my Experience with Spastic Cerebral Palsy**

By: Ginni Buller

In this new Your Writes article from Ginni Buller, a mom with spastic cerebral palsy (CP) and returning author, she answers some of the frequent questions she gets about her disability, two pregnancies, and life as a mother of two small children. These questions include how she got CP, the effect of her disability on her pregnancies, as well as suggestions she may have for other mothers with CP for both during and after pregnancy.

To read this article, go to [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=724](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=724).

## **Community Voice: FreeWheeling in your Wheelchair**

I used to have a handcycle. I loved the freedom of getting out, and riding for exercise; but it wasn't always easy for me to transport in and out of it. I know a lot of people who have different types of handcycles, such as those that can be attached right to your wheelchair, and the 3-wheeled handcycles, but even all of those can be a challenge to transport by yourself. I find that being in a wheelchair can be exercise all in itself. There are times when I just don't want to transfer out of my wheelchair for exercise or spend a lot of money for a device that is hard for me to use independently. My independence is important to me and so is my health!

To read more about the FreeWheel, go to [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=721](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=721).

## **NUDGE: FreeWheel**

The FreeWheel is a wheelchair attachment that allows users to travel on many surfaces. It attaches quickly – clamp it on in seconds and you're ready to go! The device can only be used on manual wheelchairs but will allow you to push over surfaces that would typically be difficult such as grass, curbs, or rough terrain. It's adjustable to fit your footrest, lightweight, and durable. The FreeWheel makes strolling, exercising, or hiking much easier.

For some more information about the FreeWheel, visit the website and check out some videos at [www.gofreewheel.blogspot.com](http://www.gofreewheel.blogspot.com), contact [pat@gofreewheel.com](mailto:pat@gofreewheel.com), or call (208) 761-6031.

To read about a personal experience with the FreeWheel, go to this month's Community Voice (July 2009) at [http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=721](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=721).

## **Book Review: Disability and Public Health**

This co-publication of the American Association on Intellectual and Developmental Disabilities and the American Public Health Association provides a thorough roadmap to professionals and describes how disability complements a public health context. By promoting an understanding of disability, the book provides a basis for enhancing the success of all public health initiatives.

Topics covered by the book include the history and culture of disability, advocacy and the role of government and public policy in disability, disability epidemiology, disparities and determinants of disability, models of approach to disability, disability and health promotion, and disaster preparedness.

For more information on this new publication, go to <https://bookstore.aaid.org/BookDetail.aspx?bid=96>.

## **Video Review: Wheelchair Football Training Video**

This 2008 instructional DVD on youth wheelchair football from the American Association of adaptedSPORTS Programs (AAASP) is comprised of 20 chapters of information including who can play, how to throw, tackling, punting, offense formations, and equipment. The DVD covers from start to finish about how to play the game and how parents can get their youths involved in wheelchair football. Both genders with physical disabilities are eligible to play. Refer to the DVD or instructional booklet that comes with DVD for specific rules.

To view a sample clip from this DVD, visit [http://www.ncpad.org/videos/fact\\_sheet.php?sheet=727](http://www.ncpad.org/videos/fact_sheet.php?sheet=727)

For more information about wheelchair football, how to order the DVD, and other adapted sports for youths, go to the (AAASP) website at [http://www.adaptedsports.org/adaptedsports/training/training\\_publications.html](http://www.adaptedsports.org/adaptedsports/training/training_publications.html) or call (404) 294-0070.

## **In the News ....**

### **President Obama Announces New White House Office of Olympic, Paralympic and Youth Sport, Office of the Press Secretary, June 16, 2009, Washington, D.C.**

On June 16, 2009, President Barack Obama announced the formation of the White House Office of Olympic, Paralympic and Youth Sport. This permanent White House office will promote the values of the Olympic Movement and encourage increased youth participation in athletics. The primary function of the Office will be to enhance awareness of the Olympic Movement through promotion of its fundamental principles at the federal level.

For more information, go to [http://www.whitehouse.gov/the\\_press\\_office/President-Obama-Announces-New-White-House-Office-of-Olympic-Paralympic-and-Youth-Sport/](http://www.whitehouse.gov/the_press_office/President-Obama-Announces-New-White-House-Office-of-Olympic-Paralympic-and-Youth-Sport/).

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## **2009 ADA Anniversary (19th) Tool Kit Available Online, July 26, 2009**

The DBTAC – Network of ADA Centers is pleased to announce the release of the 2009 Americans with Disabilities Act (ADA) Anniversary Tool Kit. [fix links] Together with Affiliate Networks and Partners, they have accomplished significant results toward voluntary ADA compliance. The Tool Kit captures collective achievements and offers informative materials designed to help you plan and publicize your ADA activities during the ADA Anniversary and throughout the year. The Tool Kit includes:

- Overview of the ADA and the ADA Amendments Act of 2008
- ADA - Findings, Purpose, and History
- The Americans with Disabilities Act from a Civil Rights Perspective
- Americans with Disabilities Act Resources and Publications
- Americans with Disabilities Act and Olmstead Resources
- ADA Amendments Act of 2008 (ADAAA) Summary and Resources
- Statistics You Can Use
- The White House Agenda on Disabilities
- Tips on Writing a News Release
- Sample Proclamation: ADA Anniversary
- National DBTAC Initiatives

The 2009 ADA Anniversary Tool Kit can be downloaded at <http://adaanniversary.org/>.

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## **Every Body Can! Physical Activity Video Contest, American Association for Physical Activity and Recreation (AAPAR)**

This new contest is a unique initiative designed to create and distribute inspiring videos that promote inclusive and adapted physical education and activity. Every Body Can! will promote, celebrate, or teach adapted or inclusive physical activity and raise awareness about physical opportunities and accomplishments of people with disabilities. Anyone can enter their videos in one of six categories: Disability Awareness, Lifelong Activity, Good Games, Effective Instruction, PSAs, or Wild Card. Winners will be announced at AAHPERD's 2010 Convention. Sponsorships are available.

To enter, go to <http://www.aahperd.org/aapar/template.cfm?template=EBC.html>. For more information, contact Sarah Snyder at (703) 476-3434.

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## **New Article Focuses on ADA Compliance and Efforts to Make Fitness Facilities More Inclusive**

Scanlin, A. (2009). The law of inclusion: ADA compliance. *OnSite Fitness*, 4(3), 26-28.

Excerpt: Facility accessibility is at the forefront of discussions for fitness managers. In a study published in 2005 in the *American Journal of Public Health*, an investigation into the accessibility of health clubs found that facilities have only low to moderate levels of accessibility – with issues ranging from ADA facility

guidelines, to policies, staffing and equipment. In 2009, thanks to awareness, education, new types of equipment and strict Americans with Disabilities Act facility code compliance, the inclusion of all members is growing, and people of all abilities are finding their way to a healthier lifestyle.

The improvement in standards and steps we take to improve the lives of others is a great thing! After all, how would you feel if you were a person with a visual impairment and couldn't see the prompts to start a piece of equipment? Or utilized a wheelchair for mobility and couldn't find an arm ergometer to raise your heart rate and reap the rewards of cardiovascular exercise? "Fifty-four million Americans have some type of disability," says Amy Rauworth, MS, RCEP, Associate Director for the National Center on Physical Activity and Disability. "This amounts to approximately one out of every five Americans or 20% of the population."

In a truly inclusive environment, the individual with the disability should be able to participate independently. They should be able to use lifts, restrooms, equipment – all without assistance. While this isn't always the case yet, we are working on it.

To view the full text of this article as well as the entire June/July Issue of OnSite Fitness, please visit: [http://www.onsite-fitness.com/OSF\\_6\\_09\\_web.pdf](http://www.onsite-fitness.com/OSF_6_09_web.pdf) and/or <http://www.onsite-fitness.com/6.09/ADA.pdf>.

## **Emerging Evidence in Health and Disability: Treadmill Exercise in Patients with Chronic Stroke**

Macko, R. R., Ivey, F. M., Forrester, L. W., Hanley, D., Sorkin, J. D., Katzell, L. I., et al. (2005). Treadmill exercise rehabilitation improves ambulatory function and cardiovascular fitness in patients with chronic stroke: A randomized, controlled trial. *Stroke*, 36(10), 2206-11.

The purpose of this study was to determine whether treadmill aerobic training (T-AEX) is more efficient than conventional rehabilitation in improving ambulatory function and cardiovascular fitness in patients with chronic stroke. A total of 61 participants were randomly divided into two groups: a treadmill aerobic training group (T-AEX) and an R-CONTROL group, which received conventional therapy consisting of stretching and low-intensity treadmill training. Both groups were scheduled for 72 training sessions across 6 months. Although the T-AEX participants demonstrated greater improvements in cardiovascular fitness and in the functional mobility measurements, certain specific features of the exercise prescription unique to each participant's abilities may determine the nature of adaptations in motor function versus cardiovascular fitness. In general, further research is needed to determine whether task-oriented exercise can improve long-term functional independence and cardiovascular health in chronic stroke patients.

For the full abstract, go to [http://www.ncpad.org/research/fact\\_sheet.php?sheet=725](http://www.ncpad.org/research/fact_sheet.php?sheet=725)

## **Events, Conferences and Programs**

Below is a select listing of upcoming events and conferences. For a complete listing, go to the NCPAD calendar at <http://www.ncpad.org/events/index.php>.

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**Call for Presentations/Papers on Disability and Public Health, 2009 Disability Section Chair's Forum, American Public Health Association Annual Meeting, Philadelphia, PA, November 7, 2009**  
Deadline: August 7, 2009

The Disability Section is seeking contributions that illuminate the transformative relationship between

The Disability Section is seeking contributions that illuminate the transformative relationship between disability and public health. Thematic topics include:

- Historical perspectives (and tensions) of disability and public health
- Multiple perspectives on disability definitions
- Values inherent in current public health assessment and practices in disability
- Aging, geography and the distribution of disability
- Public health advancing equality of access for people with disabilities
- Defining clear mission for current and future roles of Disability Section within APHA

Please send abstracts of 200-300 words and a brief biographical statement to Stephen Gilson at [Stephen\\_Gilson@umt.maine.edu](mailto:Stephen_Gilson@umt.maine.edu). For more information on the APHA conference, go to <http://www.apha.org/meetings/>.

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### **FREE Workshop, Introduction to Yoga for Disability with Matthew Sanford, Saturday, July 18, 1 p.m.-3 p.m., Minnetonka, MN**

Learn how a mind-body practice transforms the experience of living with a disability. This free workshop includes a discussion on the importance of recognizing sensations within the body as well as instruction on some adapted yoga poses.

Matthew Sanford is the author of *Waking: A Memoir of Trauma and Transcendence*, is paralyzed from the chest down, and is a pioneer in adapting yoga for people with disabilities.

For more information or to register, go to <http://www.matthewsanford.com/> or [www.mindbodysolutions.org](http://www.mindbodysolutions.org) or email [info@mindbodysolutions.org](mailto:info@mindbodysolutions.org).

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### **Certified Inclusive Fitness Trainer (CIFT) Webinar Series, Mondays, July 13 – August 17, 2009**

Be a part of the first webinar series for the Certified Inclusive Fitness Trainer, a new specialty certification from the American College of Sports Medicine (ACSM).

Mondays, July 13 - August 17, 2009  
Eastern: 7:00-8:30 p.m. | Central: 6:00-7:30 p.m.  
Mountain: 5:00-6:30 p.m. | Pacific: 4:00-5:30 p.m.

These six 90-minute sessions are all live on-line webinars using Voice-over IP. You can earn 9.0 ACSM CECs. The fee to participate is \$240 for the series, or \$45 for each individual session. Register at <http://www.acsm.org/register> or learn more about each presentation here.

For more information about the CIFT, go to Webinar for ACSM's Certified Inclusive Fitness Trainer.

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### **Call for Photo Shoot Models, KrancycleRx, Santa Barbara, CA, July 2009**

KrancycleRx is looking for volunteers for a photo shoot that will be used on their website and brochure. Dates and times of the photo shoot will vary depending on model response and individual schedules. KrancycleRx is looking for male and female volunteers that exhibit a variety of disabilities, abilities and health conditions including:

- Individuals who use prostheses
- Individuals who use wheelchairs
- Veterans with disabilities
- Individuals undergoing chemotherapy
- Individuals who are overweight or obese
- Older adults

The mission of KrankcycleRx is to improve the quality of life of people with disabilities through distribution of Johnny G KrankcycleT by Matrix fitness equipment. KrankcycleRx, an authorized distributor of the Johnny G KrankcycleT by Matrix, is dedicated to the sales and use of the KrankcycleT in the areas of medical fitness, wellness, and inclusive health. Through this effort, KrankcycleRx is able to promote inclusive fitness for people of all abilities.

If you are interested please send a photo and contact information to [Dennis@krankcycle.com](mailto:Dennis@krankcycle.com) or (301)873-0038.

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### **First Annual "Rock on the Green" 5K & 2K Walk and Spin-a-thon, Challenged Athletes Foundation (CAF), September 12, 2009, San Francisco, CA**

CAF brings an "all-inclusive" day of fitness to athletes of all ability levels with this first-ever event. Participants can choose from a 5K walk, 2K walk, or a 3-hour Spinning® ride featuring choreographed cycling sessions led by special guest instructors, including Johnny G, creator of Spinning and Kranking®. A health fair and kid-friendly booths will help make this a memorable day.

To register or for more information, go to <http://rockonthegreen.kintera.org/faf/home/default.asp?ievent=310454> or contact Gail Baumgarten at (925) 838-2277 or [rockonthegreen9-12@sbcglobal.net](mailto:rockonthegreen9-12@sbcglobal.net).

Krankcycles® are stationary handcycles focusing solely on upper-body cardiovascular training. For more information on Krankcycle, go to [http://www.ncpad.org/fitt/fact\\_sheet.php?sheet=638](http://www.ncpad.org/fitt/fact_sheet.php?sheet=638).

For information regarding the Challenged Athletes Foundation, please visit <http://www.challengedathletes.org>.

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### **RoShawn's Red Carpet, Northlake, IL**

This program, which incorporates yoga and other recreational and physical activities, was designed for children ages 5 to 10, with and without disabilities, to have a safe place for recreational activities. Activities are taught and/or supervised under professional licensed recreational therapists and licensed fitness/yoga instructors and take place Monday through Friday, 3 p.m. to 6 p.m.; Rates: daily \$25; weekly \$100; monthly \$350.

For more information, go to <http://www.roshawnsredcarpet.com> or contact Roshawn at (708) 415-4859 or [roshawnsredcarpet@live.com](mailto:roshawnsredcarpet@live.com).

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### **Call for Papers, Special Issue on Disability, The Lancet** Deadline: July 31, 2009

The Lancet, the second-highest-ranked medical/health journal in the world, is preparing to publish a special issue later this year on the topic of disability. The special issue will coincide with World Disability Day on

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December 3, 2009.

For more information on this special issue, go to [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60631-0/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60631-0/fulltext).

To submit a paper, go to <http://ees.elsevier.com/thelancet>.

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## **Free Airline Vouchers, All Abilities Team, Breast Cancer 3-Day Event, August 7-9, 2009, Chicago, IL**

### ***Recruiting Team Members of ALL Physical Abilities!***

For more information about the 3-Day Breast Cancer Event, go to <http://www.The3Day.org>. To register for this team, call (800) 996-3DAY and specify that you are joining the All Abilities Team. For more information, you may also call (800) 900-8086 or email Blythe Hiss at [sbonne2@uic.edu](mailto:sbonne2@uic.edu).

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## **Call for Hosts, Inclusive Playgrounds Awareness Event, Inclusive Fitness Coalition (IFC)**

The IFC is calling for advocates, community groups, families, and other related organizations to host awareness events focusing on inclusion at various playgrounds across the world. Plan an event in your community and help spread the word and educate others who may not be aware of the benefits of inclusive design and play. Inform the IFC of your plans and let it help disseminate this information. Participating playgrounds/groups will be submitted for possible inclusion in a series of articles for national magazines, in addition to the IFC website and newsletter.

If you would like to host an event, please contact Jessica Madrigal at [jmadri1@uic.edu](mailto:jmadri1@uic.edu). To find out more about IFC's Inclusive Play Workgroup, go to <http://www.incfit.org/node/169>.

## **Employment**

\*Please see the online links listed for each position and/or go to NCPAD "Jobs" at <http://www.ncpad.org/employment/> for further descriptions of these job listings and others.

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## **Executive Director-Chief Executive Officer, American Association on Intellectual and Developmental Disabilities (AAIDD), Washington, DC, Effective May 2010**

AAIDD is one of the oldest professional membership organizations in the U.S. and the oldest focusing on the field of intellectual and developmental disabilities. This position is the association's primary representative to the professional community, the media, and policymakers and represents AAIDD to other national disability organizations on a regular basis and is the voice of AAIDD to the news media, Congress and the Executive Branch and other national entities.

Website: <http://www.aaid.org>

Inquiries: (202) 387-1968

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## **Accessibility Specialist (two positions), National Center on Accessibility (NCA), Indiana University-**

## **Bloomington**

This position assists the NCA in meeting its nationally focused agenda in the areas of technical assistance, education, and research and functions in a primary advisory role to NCA clientele in regard to the application of accessibility legal standards to recreation, parks, and tourism programs and facilities.

Website/Applications: <https://ola.indiana.edu/joblisting/index.cfm?jlnum=411&search=2> (ref Job #411)  
Inquiries: (812) 856-0880

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## **Employment Opportunities, Association of University Centers on Disabilities (AUCD), Silver Spring, MD**

AUCD has positions available at the central office as well as within the AUCD network. More recent employment opportunities include the following:

- Health Scientist, Child Development Studies Team, NCBDDD, CDC (Atlanta, GA)
- Program Manager/Specialist, State Disability and Health Programs, NCBDD, Silver Spring, MD
- Program Specialist, Silver Spring, MD
- Policy Fellow in Disability Leadership
- Virtual Trainee

Website: <http://www.aucd.org/template/page.cfm?id=158>  
Inquiries: (301) 588-8252

## **Grants and Funding Opportunities**

### **Mentor-Based Postdoctoral Fellowships in Multiple Sclerosis (MS) Rehabilitation Research**

Deadline for applications: August 5, 2009

In order to promote the expansion of rehabilitation research in multiple sclerosis, the National MS Society offers an innovative postdoctoral fellowship program. Funding is provided for up to 5 years to qualified mentors and institutions to recruit and train postdoctoral fellows in rehabilitation research relevant to MS. Mentors can include investigators from the fields of medicine, physical therapy, occupational therapy, speech pathology, nursing, psychology, social work, rehabilitation engineering, and others.

For more information, go to <http://www.nationalmssociety.org/for-professionals/researchers/get-funding/rehabilitation-research-mentor-based-fellowships/index.aspx>.

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### **Keeping up: Technology's Rapid Changes and Effects on People with Disabilities Grant, National Council on Disability (NCD)**

Current Closing Date for Applications: August 7, 2009

NCD is interested in examining the accessibility of new media and technologies, documenting successful development processes, understanding consumer needs, and identifying the facilitators and barriers to the technology transfer for employment purposes. This research will aim to provide technology developers with knowledge on how their complex products can be developed in a cost-effective way and used to increase the employment of people with disabilities. As part of this research, six new media sources and/or digital

technology products will be analyzed for their utility in employment settings, and their accessibility to people with disabilities. This analysis should include market trends, potential consumers, facilitators, and barriers to expanding the market to employment settings, industry practice, and accessibility.

For more information, go to <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=48179>.

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**Empowering Individuals to Navigate Their Health and Long-Term Support Options, Aging and Disability Resource Centers, Administration on Aging, Department of Health and Human Services**  
Current Closing Date for Applications: August 10, 2009

This funding opportunity supports the development and expansion of Aging and Disability Resource Centers in all 50 states.

For more information, go to <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=48054>.

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**Ruth L. Kirschstein National Research Service Awards for Individual Predoctoral Fellowships (F31) to Promote Diversity in Health-Related Research, Department of Health and Human Services, National Institutes of Health**

Current Closing Date for Applications: September 7, 2012

The purpose of this individual pre-doctoral research training fellowship is to improve the diversity of the health-related research workforce by supporting the training of pre-doctoral students from groups that have been shown to be underrepresented. Such candidates include individuals from underrepresented racial and ethnic groups, individuals with disabilities, and individuals from disadvantaged backgrounds.

For more information, go to <http://www07.grants.gov/search/search.do?&mode=VIEW&flag2006=false&oppId=47906>.

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**American Association on Health and Disability (AAHD) Scholarship Program, 2009-2010**

The AAHD Scholarship Program, created in 2009, will support students with disabilities who are pursuing higher education. Preference will be given to students who plan to pursue undergraduate/graduate studies in the field of public health, health promotion, disability studies, disability policy, and disability research. Scholarships will be limited to under \$1,000.

For more information, go to <http://www.aahd.us/page.php?pname=Scholarship%20Program&PHPSESSID=e7e9e03861db51e5a6bc97bd61145ec4>.

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**Research to Aid Persons with Disabilities (RAPD), National Science Foundation**

Closing Date: September 15, 2009

The RAPD program supports research that will lead to the development of new technologies, devices, or software for persons with disabilities. Research may be supported that is directed to the characterization, restoration, and/or substitution of human functional ability or cognition, or to the interaction of persons with disabilities and their environment. Areas of particular recent interest are disability-related research in

disabilities and their environment. Areas of particular recent interest are disability-related research in neuroscience/neuroengineering and rehabilitation robotics.

For more information, go to <http://www07.grants.gov/search/search.do?oppId=45854&mode=VIEW>.

## **Participation in Research**

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### **Survey on Wheelchair User Experiences, University of Connecticut**

Research analysts at UConn invite individuals who use wheelchairs to participate in this survey and share thoughts and opinions pertaining to wheelchair use. Responses will remain confidential and will provide valuable insight into current needs in an effort to promote the development of improved wheelchair services and technologies. The survey should take approximately 10 minutes to complete and consists of about 40 questions. You will have the opportunity to provide your email address at the end of the survey, solely for the purpose of entering a drawing for a free \$50 Amazon.com gift card. Your responses will only be used in this student research.

To take this survey, go to <http://www.zoomerang.com/Survey/?p=WEB229DYFNSVLC>. For questions please contact Carlton Forse at [carlton.forse@business.uconn.edu](mailto:carlton.forse@business.uconn.edu) or (860)728-2143.

### **Video Game Play - Have Your Say!, Blue Marble Game Co.**

The use of video games for rehabilitation has become widespread in the past year. It is likely that you have recently played a video game, using the Nintendo Wii or Sony PlayStation, at home or during a visit to your physical/occupational therapist. Many people find playing these video games fun, however, others have reported difficulty. Blue Marble Game Co., a small independent video game company owned by physical therapists, neuroscientists, and game designers, is interested in hearing about your experience with video games both at home and during rehab in order to better design them. They are conducting a world-wide survey to gather information about specific experiences with video games in order to better understand likes, dislikes, and specific needs and abilities. The survey asks questions such as:

- What is your favorite video game?
- What is your favorite aspect of video game play?
- Have you ever used video games in rehabilitation?

This survey is anonymous and results will be shared with the scientific and game industry community in order to inform the industry and provide suggestions for game design and modification to better meet the needs of people with disabilities.

Please visit <http://www.bluemarblegameco.com> for more information and a link to the online survey. For more information or for questions, please contact Sheryl Flynn at [sherylflynn@gmail.com](mailto:sherylflynn@gmail.com).

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### **Research Study (Master's Thesis) on Issues Surrounding Children with Autism Spectrum Disorder (ASD) in Leading Physically Active Lifestyles, University of Illinois at Chicago, Department of Disability and Human Development**

Who: Parents of children with Autism Spectrum Disorder (ASD) and their child with ASD who is 12-18

years as well as their child without ASD who is 12-18 years.

**What:** Participation in an online confidential survey about the health and physical activity lifestyles of teens with ASD compared to their siblings without ASD.

**How:** Simple (confidential) participation in a 15 minute online survey by both you and your children.

**Why:** Your information will help us better understand what factors are related to children with Autism Spectrum Disorder being physically active.

To complete the survey go to Health and Lifestyles Comparison of Youth with Autism Spectrum Disorder (ASD) Parent Survey at <http://www.ncpad.org/survey/survey.php?sid=72>.

For more information or if you have difficulty accessing the survey please contact Sheila Swann-Guerrero at 773-699-6873 or [swanngue@uic.edu](mailto:swanngue@uic.edu) or Dr. James Rimmer (faculty sponsor) at 312-413-9651 or [jrimmer@uic.edu](mailto:jrimmer@uic.edu).

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### **Online Stress Management Program for Parents of Children with Intellectual Disabilities and Autism, Jones Iris Media, Eugene, OR**

This National Institutes of Health project is looking to develop an online multimedia stress reduction program for parents with children who have developmental disabilities. When the project is completed, parents will have access to a skill-building program that will help them develop positive coping capacities, provide them with tools for monitoring their progress, and help them assess whether additional, more intensive supports will be needed.

Parents will complete an online questionnaire, gain access to web-based program materials for one week, and then complete a final questionnaire. Parents will receive financial compensation for questionnaire completion.

For more information, please go to [www.lookiris.com](http://www.lookiris.com) or contact Martin R. Sheehan, Ph.D., Researcher, IRIS Media at [marty@lookiris.com](mailto:marty@lookiris.com).

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### **Are You A Cancer Survivor Who Had Limitations In Activities Of Daily Living Prior To Your Cancer?**

If you have completed active treatment for your cancer, you are invited to participate in a study to help understand how cancer survivors who had a functional limitation or disability before being diagnosed with cancer take care of their health. Your information will help health care providers work more effectively with survivors such as yourself. You can earn \$25 by completing a questionnaire packet.

If you are over the age of 21 and have completed active treatment, please call (800) 687-8010 or email [maxhealth@mail.nur.utexas.edu](mailto:maxhealth@mail.nur.utexas.edu) for more information.

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### **Body Composition Assessment In Spinal Cord Injury, Hunter Holmes McGuire VA Medical Center, Richmond, Virginia**

Are you:

1 year after spinal cord injury

Between ages of 18-65

- Between ages of 18-65
- Available for 2 consecutive days
- Located in the Richmond area

If you answered YES to these questions you may be eligible to participate in a spinal cord injury research study to evaluate and compare different ways of measuring body composition (amounts of fat, muscle, bone, and water in your body) and to determine relationships with other health conditions. This study is being conducted by Dr. David Gater. Study treatment will be provided at no cost. You will be paid \$100 for participation and an extra \$10 for parking costs.

If interested, please contact Joshua Miller at (804) 675-6200 or [Joshua.Miller@va.gov](mailto:Joshua.Miller@va.gov).

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### **Exercise to Reduce Obesity in Spinal Cord Injury, Hunter Holmes McGuire VA Medical Center, Richmond, Virginia**

Do you meet these criteria:

- 1 year after injury
- Willing to exercise 5 days per week
- Available for 5 consecutive months
- Located in the Richmond area

This research study is being conducted by Dr. David Gater. The purpose is to evaluate and compare the benefits of arm exercise vs. leg exercise using electrical stimulation. Payment available.

If interested, please contact Joshua Miller at (804) 675-6200 or [Joshua.Miller@va.gov](mailto:Joshua.Miller@va.gov).

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### **Would You Like to Know How Accessible Your Fitness/Recreation Facility Is?**

The University of Illinois at Chicago is looking for health and fitness professionals who are employed at a fitness/recreation facility to complete an accessibility survey on their facility as a part of a national study. Facility staff that participates in the study will have the option to receive feedback and advice on ways to further improve the accessibility of their facility.

If you would like more information on the study, please contact Carolyn Lullo in the Department of Disability and Human Development at [clullo2@uic.edu](mailto:clullo2@uic.edu) or (312) 355-1400, or go to <http://www.ncpad.org/survey/survey.php?sid=74>.

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### **Electrical Stimulation Training of Paralyzed Muscle, University of Georgia and Shepherd Center, Atlanta, GA**

If you are between the ages of 18 and 59, live in the Northeast Georgia area, and have complete paralysis of lower legs, you can be a research subject to test whether home-based electrical stimulation training can improve glucose tolerance and reduce diabetes.

For more information, contact Kevin McCully, Ph.D., Kinesiology Department, University of Georgia, at (706) 542-1129 or [mccully@uga.edu](mailto:mccully@uga.edu).

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## **Request for Research Participants, Department of Disability and Human Development, University of Illinois at Chicago**

The University of Illinois at Chicago is looking for children with disabilities aged 12-18 and their parents/caregivers to complete an Internet-based survey on the lifestyle and environment of adolescents with disabilities. This survey can be found by visiting <http://www.healthforyouth.org> and entering the access code: NCPAD.

For more information, or if you have difficulty accessing the survey, please contact Brienne Davis in the Department of Disability and Human Development at [bdavis7@uic.edu](mailto:bdavis7@uic.edu) or (312) 355-4054.

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## **Research Participants Needed to Help Develop Universally Accessible Exercise Equipment, University of Illinois at Chicago (UIC)**

If you are between the ages of 18 and 50, live in the Chicago area, are healthy, and use a manual (non-electric) wheelchair, you can be a research subject to test and evaluate new accessible exercise equipment. The total time commitment is about 1 hour and compensation will be provided.

This research is directed by Karen L. Troy, Ph.D., in the Musculoskeletal Biomechanics Laboratories at UIC. For more information, please call (312) 413-9432 or email [klreed@uic.edu](mailto:klreed@uic.edu).

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UIC Logo



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