

*Right Resources, Right Now
Disability and Rehabilitation Resources You Can Use*

TODAY



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Get to know NARIC & NIDILRR
National Rehabilitation Information Center
National Institute on Disability and Independent Living
National Center on Disability and Rehabilitation Business

Technology for access
Find the right technology for your needs. This guide provides information on assistive technology for individuals with disabilities who are looking for solutions to help them do their work.

Ability to find more information
WINGS

Skills for Full Participation

Tools for finding, getting, and keeping a job

Tools to get/stay healthy

Get to know NARIC & NIDILRR



800/346-2742
www.naric.com

Since 1979, NARIC has provided library services and information and referral to the disability and rehabilitation community.



NIDILRR's mission is to:

Generate new knowledge and promote its effective use to improve the abilities of people with disabilities to perform activities of their choice in the community, and also to

Expand society's capacity to provide full opportunities and accommodations for its citizens with disabilities.

National Rehabilitation Information Center

- Library and information center focusing on disability and rehabilitation research.
- Diverse collection including unique/hard-to-find materials.
- Toll-free information line (English and Spanish), email, and chat reference.
- NIDILRR's library and dissemination center

National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR)

- Part of the Administration for Community Living (ACL)
- Funds ~250 projects each year in four domains
 - Health and function
 - Employment outcomes
 - Community living and participation
 - Technology for access and function
 - Plus capacity building, demographics, and knowledge translation

★ Meet the grantees...

Meet the Grantees

RRTC Rehabilitation Research and Training Center
RERC Rehabilitation Engineering Research Center
DRRP Disability and Rehabilitation Research Projects
ADA Center
Model Systems
Field Initiated
Fellowships
SBIR Small Business Innovation Research

ARRT Advanced Rehab Research Training

A few other acronyms you might see or hear

NIDILRR

ACL

WIOA Workforce Innovation and Opportunity Act

AT Assistive Technology

SCI, TBI, UD, KT

Tools to get/stay healthy

Throw a health fair for people in recovery:
[www.cmhsrp.uic.edu/download/
UIC_CSPNJ_Health_Fair_Manual.pdf](http://www.cmhsrp.uic.edu/download/UIC_CSPNJ_Health_Fair_Manual.pdf)



Teach people with psychiatric disabilities about diabetes:
www.cmhsrp.uic.edu/health/diabetes-library-home.asp



Help women with intellectual disabilities learn about the importance of regular health screenings:
lurie.brandeis.edu/women



Encourage wellness and healthy living in people with I/DD: healthmattersprogram.org



Help people with disabilities set and reach quality-of-life goals by developing a healthy lifestyle:
livingandworkingwell.ruralinstitute.umt.edu



Learn from people with spinal cord injury how to maintain a health life: [sci.washington.edu/info/
forums/forum_videos.asp](http://sci.washington.edu/info/forums/forum_videos.asp)



Promoting Wellness for People in Mental Health Recovery

A Step-by-Step Guide to Planning and Conducting a Successful Health Fair



What is Diabetes?

Having diabetes can be difficult. But, once you learn how to manage it, you will feel better and protect your body from harm.

Taking care of your diabetes will help you get what you want out of life.

- Diabetes means that your blood sugar is too high.
 - When you eat, your food is broken down into a sugar called glucose. Glucose gives your body energy.
 - But to use the glucose, your body needs insulin. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin well. This causes sugar to build up in the blood. This harms your body and organs over time.
- There is no cure for diabetes.
 - It's not your fault, but it is your job to take care of yourself. The good news is that you can live a long and healthy life by taking your medicines, eating right, and exercising.
- Your diabetes care team may include:
 - your doctor or nurse (whose name is: _____)
 - your case manager
 - a pharmacist
 - a diabetes educator
 - an endocrinologist
 - any other provider helping you with diabetes

You and your family/friends are the most important members of your care team.

Support Programs of New Jersey

on Psychiatric Disability and Co-Occurring Medical Conditions

SKIP TO MAIN CONTENT

◀ The Heller School FOR SOCIAL POLICY AND MANAGEMENT

Brandeis University

THE Lurie Institute FOR DISABILITY POLICY

Search Heller

Google™ Custom Search

GO

ABOUT US

PEOPLE

RESEARCH

PUBLICATIONS

EDUCATION

RUDERMAN SCHOLARS

NEWS

WOMEN BE HEALTHY



WOMEN BE HEALTHY

For Women With Disabilities

For Caregivers

For Health Care Professionals

For Researchers

The Curriculum

For Women With Disabilities

Here are some links to valuable information for keeping your body healthy.

[Relaxation Exercises](#)-Help yourself stay calm before and during exams.

[Doctor Visit Worksheet](#)-Print this worksheet out, fill it out, and bring it to your doctor appointment.

[Health Screenings Timeline](#)-This helpful worksheet let's you know when to see your doctor for different exams.

[Mammogram and Pap Test Facts and Screening Information](#)-This form helps you get the most out of your exam.

[Research Guide for Self-Advocates](#)-Here is some useful information about participating in research studies.

HealthMatters™ Program

Real People

Practical Solutions

Real Changes

Real People

HealthMatters™ Program is a collaboration between University of Illinois at Chicago and community based organizations, that aims to improve health of people with developmental disabilities (DD).

Our Goals

- Develop and share tools for bidirectional health promotion research, service-learning, and training.
- Support program development, implementation, and evaluation for health promotion and disease prevention.
- Disseminate and integrate evidence-based health promotion services for people with DD.

Practical Solutions to Improve Health

Through HealthMatters™ Program, we aim to engage community partners to:

1. Identify organizational needs and capacity for health promotion.
2. Generate relevant questions and actively participate in developing and implementing research and service learning initiatives.
3. Apply research and service learning results for use in practical activities.
4. Connect with local community in cooperative experiences to promote health of people with DD.
5. Disseminate evidence-based health promotion products and trainings.

Improving health status and optimizing community participation among people with developmental disabilities

Real Changes

HealthMatters™ On-Site and Customized Trainings

Instructor-led workshops and trainings are conducted on-site, via webinar, or in conjunction with meetings, conferences, and other events.

Evidence-Based Workshops

- **HealthMatters Program: Train the Trainer:** Certified Instructor Workshop
- **Health Advocacy for People with Developmental Disabilities**
- **Signs & Symptoms:** Recognizing Emerging Health Concerns
- **HealthMessages Program: Peer-to-Peer**

Customized Trainings

- **HealthMatters 4kids:** Today Counts for Diabetes Prevention
- **Getting the Memo HealthMatters:** It's Everyone's Job!
- **Are You and Your Organization Ready for HealthMatters?**
- **HealthMatters for Community-Academic Partnerships:** Shared Responsibilities and Shared Benefits
- **Enhancing Community Based Options for End of Life Care**



[Home](#) » [The Living Well with a Disability Program](#)

Living Well with a Disability is a ten week peer-facilitated health promotion workshop for people with disabilities. Participants in the program learn the life skills they need to set and achieve quality-of-life goals and the important role health plays in helping them reach their dreams.

“

Working with the IL staff, I



The ABCs of Parenting with a Spinal Cord Injury

from NW Regional SCI System **PLUS**



1:19:30

||||| :: vimeo

Tools for finding, getting, and keeping a job

Give young people who are blind and low vision the tools to transition to employment:

www.blind.msstate.edu/our-products/online-employment-preparation/

Get tips from and for young adults with mental health conditions: www.umassmed.edu/TransitionsRTC/publication/



Connect VR pros to evidence based practices: research2vrpractice.org/about-practice/



See how workplace accommodations are key to employment success: vcurrtc.org/resources/accommodations/index.cfm



www.looking
Awareness-P
TLG-.pdf

Support young
for changes in
yell/research/

Give people wit
tools they need
naric.com/?q=er
manual

Z

e

p



How to Keep a Job: The Young Adult's Guide

Community of Practice, Northeast Massachusetts 2013

Starting and keeping a new job can be stressful for anyone. However, there are healthy ways to deal with this stress. This sheet has some tips to help you be more prepared to start and keep a new job, and hopefully be a little less stressed.

You Are Not Alone

Make sure you have people to talk to. Create a list of your supports. These people can be anyone that you talk to when you have problems: friends, family, teachers, role models, coworkers, church members, online friends. You may be surprised how many people can relate to how you are feeling right now.



Know the Rules Before You Begin

Most companies have a clear policy or handbook on many of these questions. Take the time to review it, and sit down with your boss to ask questions if any part of it is not clear before you begin working.

Questions to ask

- **Cell Phones** – Are they allowed at work? What about texting?
- **Computer Use** – Facebook, Twitter, and other social media sites are generally not appropriate while at work, check the policy.
- **How do I request or schedule time off?**
 - How long do you have to work before you have personal time?
 - Do you have to find someone to cover for you?
 - Do you need to call a certain amount of time before your shift?
- **Breaks** – When do I get them? Where do I take them? What are the rules?
- **Is there a uniform or dress code?**
- **Overtime** – What are the rules? Is it in the Handbook?
- **What are the guidelines** for workplace relationships?
- **Trainings**
 - Is there orientation training where policy and procedures are reviewed?
 - Mandatory vs. Voluntary – (What trainings do I have to go to and which are optional?)
 - Are there ways to advance your career?
 - What trainings are paid for by the company? What trainings are non-paid?
- **Harassment** – What is it and what is the policy?
- **Raises** – How are they given?
- **Probation Period** – What does this mean? How long is it?

** If you are wondering if you should disclose your mental health condition on the job, please see the tip sheet, "Do I Tell My Boss" at: www.umassmed.edu/transitionsRTC/publication*



How to Succeed Once You Begin

Here are suggestions to help you keep your job and avoid some mistakes people make when they start a new job.

- **Keep track** of your schedule—make an extra copy to keep in a safe place.
- **Arrive on time** - being late frequently will get you fired. If you are late once, explain why.
- **Plan ahead**
 - How are you going to get to and from work?





Featured, News, Participate, Practice, Resources, Training / April 15, 2015

MOTIVATIONAL INTERVIEWING STRATEGIES AND TECHNIQUES: RATIONALES AND EXAMPLES

[VIEW POST](#)

FILTER BY TOPIC



Reducing the Need for Personal Supports Among Workers with Autism Using an iPod Touch as an Assistive Technology: Delayed Randomized Control Trial

In Autism Spectrum Disorder, Disability Specific, Employment Training and Resources, Evidence-Based Practice, Featured, Findings, News, Practice, Research Findings, Resources, RRTC Materials by SVRI / March 29, 2016 / [Leave a Comment](#)

Background Adults with Autism Spectrum Disorder (ASD) have lower rates of competitive employment and post-secondary education than their peers with other types of disabilities. The challenges they face are often attributed to functional difficulties related to cognition, behavior, communication, and sensory perception. At the same time, they often offer characteristics perceived as valuable by employers, such as logical and mathematical ...



VCU

VIRGINIA COMMONWEALTH UNIVERSITY

Make it real.

VCU-RRTC

Rehabilitation Research and Training Center
on Employment of People with Physical Disabilities

Information, resources and research about work and disability issues

About us

Partners

Resources

Research

Training

Ask Us

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Resources > Accommodations | Factsheets | Info | Research Briefs | Research Database

Accommodations

[Submit](#) your accommodations.

Accommodation Success Stories

Joshua Smith: Sixth Digit

Seven months after a swimming accident left him paralyzed, Joshua Smith is putting his engineering skills to work. He created a gadget called the 6th Digit, which gives people who don't have the ability to feel a chance to use electronic devices just like everybody else. "It is very simple and sleek. You don't even know it is there until I show it to you," Smith said.



Customized Employment - Meet Brad

Brad is a young man with cerebral palsy who really wanted to work. The employment specialist spent time with him to get to know his interests and abilities and learned that Brad loves movies and people. This information was used to customize a ticket taking position for him with the manager at Ovation 10. This position allows him to interact with the community as well as see as many movies as he wants. The hours have been customized to fit his needs, and a new job description was created for him excluding some of the tasks that did not match his skills. The resulting job benefited both Brad and Ovation 10!



Assistive Technology in Action - Meet Nick

In the Family Center on Technology and Disability (FCTD's) AT in Action video, you'll meet Nick, a young entrepreneur who owns his own lawn-care business. Nick uses assistive technologies, both low and high tech, that aid him in driving and accessing his laptop computer and tablet.



Tony Lineberry: Demonstration of adapted minivan for SCI

Tony Lineberry, motivational speaker, takes us for a ride in his new Honda Odyssey van. Just after his 18th birthday, Toney was in an automobile accident that left him paralyzed from the chest down. Toney shows us how his new van is customized to his needs and allows him to safely drive.



Tools for Full Participation

Help communities of faith welcome people with mental health conditions:

tucollaborative.org/community-inclusion/resources/religion-and-spirituality



Guide families to support after a traumatic brain injury: cbirt.org/family_support

Family Support after a Traumatic Brain Injury



Encourage schools to include parents with disabilities in the classroom:

www.lookingglass.org/pdf/Classroom-Awareness-Parents-with-Disabilities-2013-TLG-.pdf

Classroom Awareness for Parents with Disabilities



Support young people with I/DD to advocate for changes in their environment: sites.bu.edu/yell/research/project-team



Give people with mental health conditions the tools they need to transition to stable housing: naric.com/?q=en/content/order-life-skills-manual



Developing Welcoming Faith Communities

This document provides an overview of what is available to faith-based communities, religious congregations, and mental health organizations that want to connect people with mental health conditions and their families to congregational life. A questionnaire about 'welcoming religious communities' was sent to mailing lists at both the Clearinghouse and the Collaborative and received 101 responses from church leaders, peers, and family members, all of whom work within their congregations on inclusion projects. The questionnaires allowed for respondents to describe their mental health outreach activities to us, as well as discuss common barriers to establishing welcoming congregations they experience and their strategies that have helped create welcoming congregations within well-established mental health ministries.

Family Support after a Traumatic Brain Injury



Larry is trying to find a job, but is having trouble filling out the applications. His brain injury makes it difficult for him to concentrate, especially when there is a lot of background noise

Parents with Disabilities and their Children: Promoting Inclusion and Awareness in the Classroom

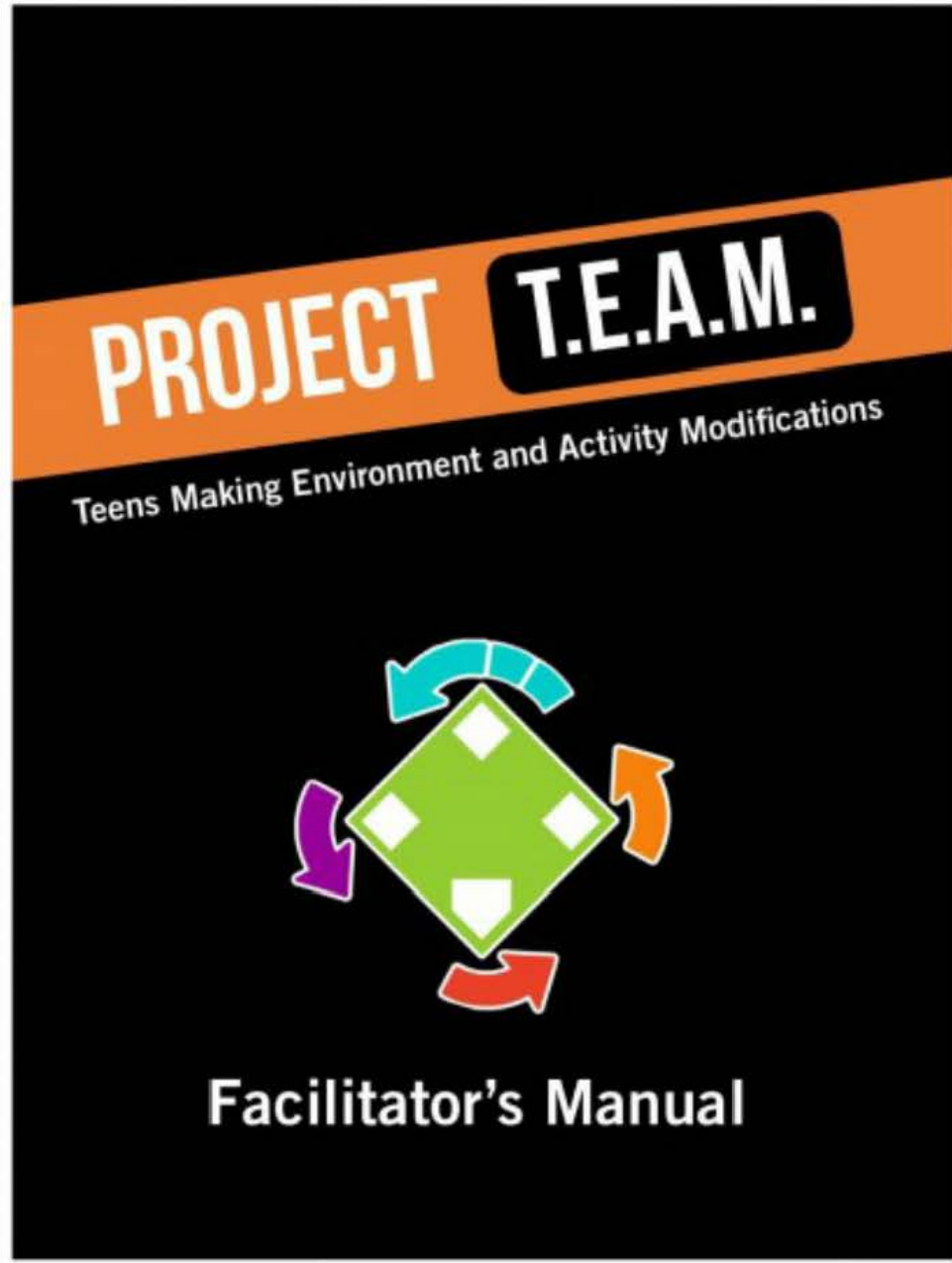


A guide for Classroom Teachers
Grades 1-6

*Through the Looking Glass,
The National Center for Parents with Disabilities and their Families*

007

the
ing:



Technology for access

Find the right assistive technology, from grab bars to modified cars: abledata.com



Get talking tactile maps:
touchgraphics.com/portfolio/tactile-maps-and-guides/



Track the next accessible bus (Pitt and NYC): tiramisutransit.com



Find an app for independent living:
ablelinktech.com/index.php?id=16



Learn how to use the accessibility features of your iPhone or Android:
wirelessrerc.org/node/699



But wait! There's more...

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Tactile Convection Countertop Toaster Oven

The Tactile Convection Countertop Toaster Oven is designed for individuals with low vision. Whether you are making breakfast, lunch, dinner or snacks, this versatile Tactile Convection Countertop...

Maker: Stanley Black & Decker (Formerly Black And Decker Us Inc.)

Seller(s): Maxi-Aids, Inc.

Product information last updated: 1 year 1 month ago

Featured Resource



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Project Portfolio



Purchase Products



Tiramisu is a crowd-powered transit information system.
Find out in real-time when the bus is coming from your phone.
Visit us on Facebook or [T oler @tiramisutransit](#)



DOWNLOAD TIRAMISU!
Android / iPhone

205037 trips recorded by the community

ABOUT TUTORIAL LIVE MAP FAQ CONTACT US

Tiramisu was developed by researchers to improve users' transit experiences and transit accessibility. Your data will help us improve Tiramisu and show the positive impact of technology on public transit.



Tiramisu is a crowd-powered transit information system. Find out in real-time when the bus is coming from your phone. Visit us on Facebook or [Follow @tiramisutransit](#)



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Tiramisu was developed by researchers to improve users' transit experiences and transit accessibility. Your data will help us improve Tiramisu and show the positive impact of technology on public transit.

It's real-time



Where is my bus?
Tiramisu provides easy access to schedule and real-time arrival information.

Find out fullness



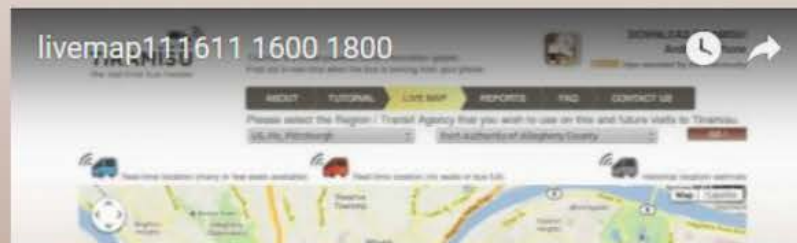
Do you need a seat?
Tiramisu improves bus accessibility by providing fullness information.

Report problems



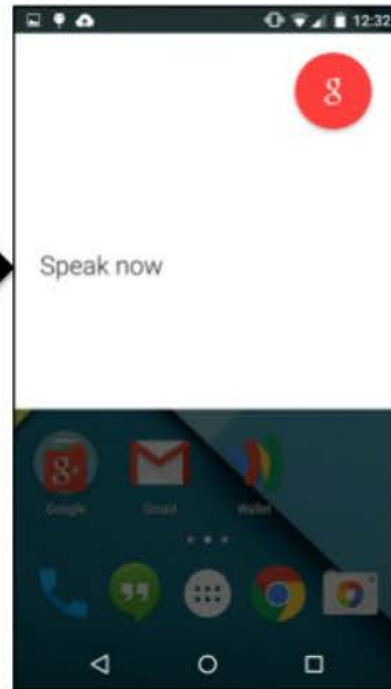
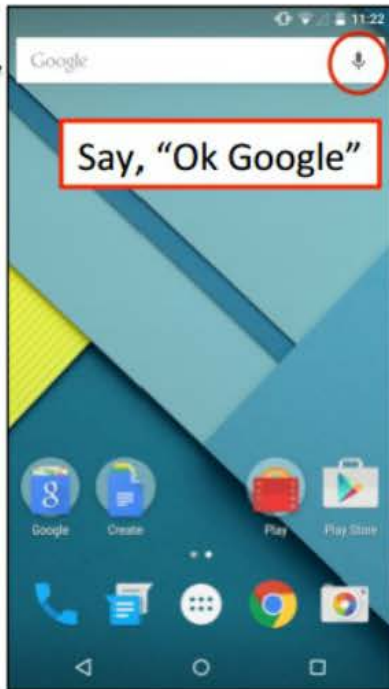
What happened to my bus?
Report issues and share stories with Tiramisu riders.

This time-lapse video shows a typical evening commute November 16, 2011 between 4-6pm.

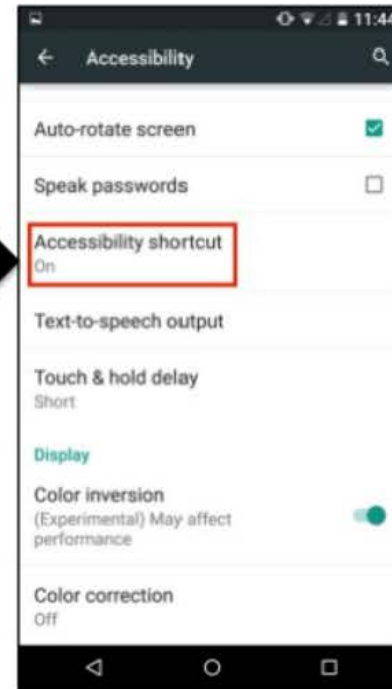




Google Now & OK Google – Voice Control



Accessibility Shortcut



But wait! There's more...

I forgot about...

The videos, factsheets, and hot topic modules on SCI, TBI, and Burn Injury from the Model Systems Knowledge Translation Center @ msktc.org

The Hospitality and Disability resources from the ADA Regional Centers @ adahospitality.org

The plethora of statistics, charts, and reports from the Stats RRTC @ researchondisability.org

and So. Much. More!

Where to find more like this

NARIC's News and Notes from the NIDILRR Community and Beyond

Sign up free: www.naric.com

Search back issues: www.naric.com/?q=en/news-and-notes

Read the NARIC Spotlight Blog:
naricspotlight.wordpress.com

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- 800/346-2742 M-F 8:30-5:30ET EN/ES
- naricinfo@heitechservices.com
- Chat with us during business hours at naric.com

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