

Aging with Spinal Cord Injury and Disability



http://www.adrc-tae.acl.gov/tiki-index.php?page_ref_id=1325

Administration for Community Living: Aging and Disability Resource Centers

This page has information on the Aging and Disability Resource Center Program, a national network of centers that provide information and assistance to individuals needing public or private long-term care resources, to professionals seeking assistance on behalf of their clients, and to individuals planning for their future long-term care needs.

<http://www.adrc-tae.org>

Aging and Disability Resource Center: Technical Assistance Exchange

The U.S. Administration on Aging sponsors this Exchange to make information and resources available to states and community organizations. The site provides a forum to

allow a diverse community of stakeholders involved in making changes to their long term services system to exchange ideas, knowledge, and best practices.

<http://www.anppm.org/>

**Asociacion Nacional Pro Personas Mayores/
National Association for Hispanic Elderly**

234 East Colorado Blvd., Suite 300

Pasadena, CA 91101

Phone: 626-564-1988

A non-profit organization which assists elderly Hispanic persons with employment, low income housing, health, and finances.

<https://www.christopherreeve.org/living-with-paralysis/health/secondary-conditions/webcast-sci-aging>

Christopher & Dana Reeve Foundation: Nurse Linda webcast on aging and spinal cord injury

<https://craighospital.org/resources/topics/aging>

Craig Hospital: Aging Resources

<https://craighospital.org/resources/aging-and-spinal-cord-injury>

Craig Hospital: Aging and Spinal Cord Injury

<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

Eldercare Locator from ACL

Phone: 800-677-1116

Provides info on aging programs and resources.

www.longevityafterinjury.com

Longevity After Injury Project

Medical University of South Carolina (MUSC)

Phone: 843-792-2300

A research project sponsored by MUSC explores four areas of research: transition after a spinal cord injury, aging, life expectancy, and health disparities and health outcomes.

<http://emedicine.medscape.com/article/322713-overview>

Medscape: Spinal Cord Injury and Aging

This page has information on the aging process in people with spinal cord injury, including musculoskeletal, cardiovascular, gastrointestinal, pulmonary and integumentary, and endocrine changes.

<http://www.nasuad.org/about-nasuad>

National Association of States United for Aging and Disabilities (NASUAD)

1201 15th St. NW, Suite 350

Washington DC 20005

Phone: 202-898-2578

NASUAD represents the nation's 56 state and territorial agencies on aging and disabilities and supports visionary state leadership, the advancement of state systems innovation and the articulation of national policies that support home and community based services for older adults and individuals with disabilities.

<http://www.ncba-aged.org>

National Caucus and Center on Black Aging Inc. (NCBA)

1220 L Street NW, Suite 800

Washington, DC 20005

Phone: 202- 637-8400

NCBA has helped protect and improve the quality of life for elderly populations, making certain that legislators, policy makers, philanthropists, advocacy groups, service organizations, thought leaders and the public at-large include minority seniors in their programs, policy- and law-making, and giving. NCBA is one of the country's oldest organizations dedicated to aging issues and the only national non-profit organization devoted to minority and low-income aging.

http://www.ncpad.org/exercise/fact_sheet.php?sheet=107

NCHPAD: Resistance Training for Persons with Physical Disabilities

This page has information on how exercise can help people with physical disabilities maintain physical function and independence, particularly as they age. The document discusses resistance training guidelines for persons with physical disabilities, focus on associated conditions and general resistance training guidelines. There are also guidelines for specific disability groups – wheelchair users and people with spinal cord injury, multiple sclerosis, post-polio syndrome, cerebral palsy, and stroke.

<http://nicoa.org/>

National Indian Council on Aging (NICOA)

1051 Montgomery Blvd., NE, Suite 210

Albuquerque, NM 87111

Phone: 505-292-2001

NICOA is a non-profit organization founded in 1976 which advocates for improved comprehensive health, social services and economic well-being for American Indian and Alaska Native Elders.

<http://www.nia.nih.gov>

National Institute on Aging (NIA)

Building 31, Room 5C27

31 Center Drive, MSC 2292

Bethesda, MD 20892

Phone: 800-222-2225 (Toll-free), 800-222-4225 (TTY/toll-free)

Email: niaic@nia.nih.gov

<http://www.nia.nih.gov/health/publication/clinical-trials-and-older-people>

NIA: Clinical Trials and Older People

<http://www.NIHSeniorHealth.gov>

NIHSeniorHealth

This site has basic health and wellness information for older adults from the National Institutes of Health. The site features large type (size and color can be changed by users) and text can be read out loud to the user. One section of the site features stories of senior citizens who engage in exercise and the benefits they get from it.

<http://nihseniorhealth.gov/participatinginclinicaltrials/toc.html>

NIHSeniorHealth: Participating in Clinical Trials

http://sci.washington.edu/info/forums/reports/aging_6.09.asp

Northwest Regional Spinal Cord Injury System: Aging with a Spinal Cord Injury

This page has an 81-minute streaming video and a report of the June 9, 2009, presentation by Rina Reyes, MD, and Ivan Molton, PhD, of the University of Washington, Department of Rehabilitation Medicine.

<http://sci.washington.edu/info/forums/reports/aging-2012.asp>

Northwest Regional Spinal Cord Injury System: Everybody's Doing It! Aging with a Spinal Cord Injury

A 78 minute streaming video presented on October 9, 2012 at the University of Washington Medical Center, Seattle, WA.

<https://www.youtube.com/watch?v=INXDJKaEAE&feature=youtu.be>

Northwest Regional Spinal Cord Injury System: Profiles of Aging with a Spinal Cord—Elaine's Story

Elaine Stefanowicz was injured in a car accident as a teenager. She is now an academic adviser at a two-year college and former Miss Wheelchair America. She talks with UW clinical psychologist Jeanne Hoffman about her injury, the ways it shaped her life and career over 30-plus years, and how she stays healthy and independent as she ages with her disability.

<https://www.youtube.com/watch?v=BAC0vOwrucE&feature=youtu.be>

Northwest Regional Spinal Cord Injury System: Profiles of Aging with a Spinal Cord—Clark's Story

Clark sustained a cervical spinal cord injury from a diving accident 35 years ago and went on to an active life, including college, career, sports, marriage, and fatherhood. He talks with Dr. Jeanne Hoffman about his life, aging, and staying healthy after more than three decades in a wheelchair.

www.agerrtc.washington.edu

<http://agerrtc.washington.edu/info/factsheets>

Northwest Regional Spinal Cord Injury System: Rehabilitation Research and Training Center (RRTC) on Aging with a Physical Disability

University of Washington

Box 356490

Seattle, WA 98195

Phone: 866-928-2114

They have factsheets on depression, sleep, exercise, getting the most out of a health care visit for people aging with disabilities.

<http://usm.maine.edu/muskie/cutler/da>

University of Southern Maine: Cutler Institute's Disability and Aging Program

PO Box 9300

Portland, ME 04104

Phone: 207-780-4430

The Cutler Institute's Disability and Aging program is a team of multi-disciplinary professionals with extensive experience working in close collaboration with states to provide technical assistance, conduct evaluations, identify best practices, and perform policy analysis work.

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LENDING LIBRARY

The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at:

<https://www.ChristopherReeve.org/Library>

Books

- **Aging and Disability: Crossing Network Lines.** New York: Springer Publishing, 2007.
- **Aging with a Disability: What the Clinician Needs to Know.** Bryan J. Kemp and Laura Mosqueda, editors. Baltimore: The Johns Hopkins University Press, 2004.

- Baker, Hallie. **Aging with a Disability versus Disability with Age: A New Theoretical Model to Conceptualize Clients with Disability**. Saarbrücken, Germany: Lambert Academic Publishing, 2012.
- Bigby, Christine. **Ageing with a Lifelong Disability: A Guide to Practice, Program and Policy Issues for Human Services Professionals**. London: Jessica Kingsley Publishers, 2004.
This book is mostly about intellectual disabilities.
- **Disability Through the Life Course**. Tamar Heller and Sarah Parker Harris, editors. Los Angeles, SAGE Reference, 2012. Disability Key Issues and Future Directions series.
- **Pressure Ulcers in the Aging Population: A Guide for Clinicians**. David R. Thomas and Gregory A. Compton, editors. New York: Humana Press, 2014.
- Walsh, Patricia Noonan and Barbara LeRoy. **Women with Disabilities Aging Well: A Global View**. Baltimore: Paul H. Brookes Publishing, 2004.
- Whiteneck, Gale et al. **Aging with Spinal Cord Injury**. New York: Demos Publications, 1993.

Videos

- **The Effects of Aging and Physical Activity on Individuals with Spinal Cord Injury**. Monterey, Calif.: Healthy Learning, 2011 DVD (151 minutes)
Provides an overview of the effects of aging on all major organ systems of the body of a person with a spinal cord injury. It also explores the feasibility of electrical stimulation cycling for older adults with a spinal cord injury.

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