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**Series:** Related Materials  
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**OA/ID Number:** 52075  
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Miscellaneous Conferences '80

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THE METHODIST HOSPITAL TEXAS MEDICAL CENTER  
6516 BERTNER • HOUSTON, TEXAS 77030 • (713) 790-3311 • CABLE: METHHOSP

September 12, 1980

Lex Frieden  
Director of Research for  
Independent Living  
T.I.R.R.  
P. O. Box 20095  
Houston, Texas 77025

Dear Mr. Frieden:

Thanks again for accepting my invitation to be guest lecturer for the Houston Area Radiologic Technologists Society meeting on November 11, 1980. The meeting will be held at 7:30 pm at the University of Texas School of Public Health Auditorium, 6905 Bertner.

In order for our society members to receive education points (E.C.E.), I must submit a outline of your program content along with a curriculum vitae. If you could send those to me at your earliest convenience, I'd surely appreciate it.

Please let me know of any audio visual aids you will need and if there is anything I can do to help. Feel free to contact me at The Methodist Hospital 790-2001.

Sincerely,

*David Workman, R.T.*

David Workman, R.T.  
Technical Director  
Department of Radiology

DW:nl

RECEIVED SEP 15 1980

PROGRAM

Houston Workshop

December 4-5, 1980

THEME: Delivery Systems: How They Affect Research and  
Development in Science and Technology for Disabled  
Individuals

Thursday, December 4, 1980

- 8:30 - 9:00 a.m. - REGISTRATION
- 9:00 - 9:30 - OPENING SESSION - Dr. Martha Redden, Director, Project  
on the Handicapped in Science - American Association for  
the Advancement of Science
- 9:30 - 10:30 - DELIVERY SYSTEMS - DEFINITION AND SURVEY  
Jim Tobias and Barbara Nevin - Center for Independent  
Living, Berkeley, California
- 10:30 - 10:45 - BREAK
- 10:45 - 11:00 - DELIVERY SYSTEMS - ECONOMIC ISSUES  
Jeffrey Rubin - Rutgers University, Dept. of Economics
- 11:00 - 12:30 - SMALL GROUP DISCUSSION
- 12:30 - 1:30 p.m. - LUNCH
- 1:30 - 3:15 - DISABILITY - SPECIFIC AND GENERAL ISSUES IN DELIVERY SYSTEMS  
Larry Scadden--National Institute for Handicapped Research  
Ben Wilson --Rehabilitation Engineering - Division of Health  
Sciences, University of Texas  
Michael Moore--Austin Resource Center for Independent Living
- 3:15 - 4:00 - EXAMPLE OF TECHNOLOGY - DEVELOPMENT AND MARKETING  
Robert Radocy --Therapeutic Recreation Systems  
"The Prehensile Hand"
- 4:00 - 6:00 - WINE AND CHEESE - MUSIC AND CONVERSATION
- 7:30 - NO-HOST DINNER at a nearby restaurant - (transportation provided)

Friday December 5, 1980

- 8:30 - 9:00 a.m. - COFFEE
- 9:00 - 10:00 - FROM THE LAB TO THE CONSUMER - PROBLEMS AND SOLUTIONS  
Dr. Keith Light --St. Luke's Hospital, and Consultant to TIRR

|               |   |                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:00 - 10:30 | - | EXAMPLE OF TECHNOLOGY - FROM LAB TO CONSUMER<br>Barry Leshowitz --Department of Psychology, Arizona State Univ.<br>"Infra-Red Light Transmission Hearing Aid"                                                                                                                                                                                                                               |
| 10:30 - 10:45 | - | BREAK                                                                                                                                                                                                                                                                                                                                                                                       |
| 10:45 - 12:30 | - | DELIVERY SYSTEMS ABROAD - Joyce Frieden, Consumer and Consultant,<br>Moderator<br>Lex Frieden, Texas Institute for Rehabilitation and Research<br>Bruce Curtis --Houston Center for Independent Living<br>Milan Dimitrijevic --Texas Institute for Rehabilitation and Research<br>Derek Lancaster-Gaye --Spastic Society of Great Britain<br>Sven Olaf Brattgard --University of Gothenberg |
| 12:30 - 1:30  | - | LUNCH                                                                                                                                                                                                                                                                                                                                                                                       |
| 1:30 - 2:00   | - | PERSPECTIVES ON ECONOMIC ISSUES<br>Jeffrey Rubin                                                                                                                                                                                                                                                                                                                                            |
| 2:00 - 3:15   | - | SMALL GROUP DISCUSSION                                                                                                                                                                                                                                                                                                                                                                      |
| 3:15 - 4:30   | - | SUMMARY OF WORKSHOP                                                                                                                                                                                                                                                                                                                                                                         |
| 4:30          | - | ADJOURN                                                                                                                                                                                                                                                                                                                                                                                     |

Chester Strohbel

226-2070

For [illegible]

# HOUSTON COUNCIL ON HUMAN RELATIONS



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December 22, 1980

2518 GRANT  
HOUSTON, TEXAS 77006  
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Lawrence D. Spencer

Dear Mr. Frieden:

We thank you warmly on behalf of the Houston Council on Human Relations and the University of Houston for joining us at the November EEO Conference. We are grateful that with minimal notice you took the trouble to arrange your schedule to co-lead the workshop on Regulations Regarding the Handicapped. Your participation contributed to the success of the conference. We appreciate your support.

Best wishes for a good new year and holiday season.

Sincerely,

Robert L. Navarro, President  
Houston Council on Human Relations

Barry Munitz, Chancellor  
University of Houston

Mr. Lex Frieden  
ILRU  
TIRR  
1333 Moursund  
Houston, TX 77030

# Research to design blueprint

By LISA GERBER  
J-W Staff Writer

James Budde drew an analogy. When he was in Korea he saw the Koreans building mud huts. They didn't need a blueprint to do that. But, Budde said, you can't build an apartment building or an office complex unless you have a very specific set of plans.

Like a construction project, when Budde undertakes a complex task he begins by developing a comprehensive plan.

In fact, that's what he's doing now, because Budde has become director of the Kansas University Research and Training Center for Independent Living Centers, a project recently funded by a \$1.4 million grant from the U.S. Department of Education's National Institute of Handicapped Research.

The program was started at KU Oct. 1 by the KU Bureau of Child Research, which received \$200,000 for first-year start-up costs and will get \$300,000 a year for the ensuing four years of the grant.

THROUGHOUT THE United States in the last four years more than 120 community centers have been established to help handicapped persons live more independent lives. They work as a liaison between the disabled and the obstacles which prevent them from living on their own, rather than in a nursing home, or other institution and offer services such as transporta-

tion assistance, housing assistance, counseling and resource libraries.

Yet until now, the centers primarily have existed on a local level.

Budde likens the growth of the centers to the growth of a human being, who needs guidance. "From egg to maturation, we want to help them," he said.

The man with an imposing stature but gentle mannerisms talks about his project in matter-of-fact terms. He has a background in business and systems and that is how he organizes his research, with charts, graphs, and figures.

Yet, when meeting with handicapped persons on a recent afternoon at the Lawrence Independent Living Resource Center, he showed what apparently is his motivation.

"ROGER, WOULD you like your speak-and-spell?" he asked the handicapped man who could not speak. "Can I get your speak-and-spell for you? Did you bring it? 'No?' Well that's all right."

Budde explained: "It always comes back to the ideology, the commitment to helping people."

And Budde's work may well have an impact on those people.

Through a process he refers to as an assembly line — marketing and needs assessment, research, development, training, and dissemination — he and his staff will attempt to improve the system.

Budde gave an example. A fairly

new concept in Independent Living Resource Centers is that of peer helpers — disabled people helping and supporting other disabled people.

But Budde said not all disabled persons can be effective peer helpers so there probably has to be a screening and matching process. Are there presently screening and matching procedures in use in independent living centers? If there are, are they any good? If not, what can be done to make them better?

ONCE BUDDE and his researchers come to some conclusions, they will develop materials so they can disseminate their findings, perhaps in the form of manuals or video tapes. They also may develop training programs for the individual centers and propagate those.

"In the end, it all comes back to the person with the disabilities," Budde said.

Lex Friedman, a consultant Budde brought to town from Houston to work with the research and training center planning summed up what needs to be done.

"It's like a puzzle to be able to live independently," he said. "There are real conflicts in programs, which are supposed to help, but actually hinder that independence."

Friedman should know. He's a quadriplegic and has been since 1967 when he broke his neck in an automobile accident.

## Lawrence Independent Living Resource Center

### *Disabilities don't have to mean d*

Bert Geier emphasized each word. "No Ma'am. No way. I need their help."

Sherri Axlire couldn't stress her words because she can't speak. But with a speak-and-spell machine resting between her lap and the arm of her wheelchair, she pressed the letters of the alphabet with slow determination to convey her message.

"I like to come here once a week. I like to talk to Anita (Siler). She is a good listner. She helps me with my problems."

Geier, also confined to a wheelchair because of several strokes and Miss Axlire, who is a victim of cerebral palsy, are two of the many area handicapped people who have grown to become more independent through the services of the Lawrence Independent Living Resource Center, 839 Ky., which also often is known as Independence, Inc. because that was the parent organization.

Geier used to live in a Veterans Administration hospital, then in a nursing home. Now, he lives alone in his own apartment, with an attendant visiting only in the morning to help him get up.

"THE NURSING home drove me nuts," he said. "All the people there are too old, too infirm. There's no social life. You can't talk to anyone. . . They don't give you a chance to do things for yourself, either."

He spoke slowly and sometimes with slurred words because of the strokes, but always with a good sense of humor. "Yep, now it's just me and the bugs," he said breaking into a chuckle. "But at least now I can go to the toilet by myself, cook, shave, do my laundry, and go to the store."

He says he is much happier learning to take care of himself.

Anita Siler, ILC acting director and also confined to a wheelchair, says she's pleased with results of the center's activities too. "I've really seen an upward mobility."

Last week Mrs. Siler said she received a letter from Miss Axlire. "She told me it's hard for her to believe she is beginning to feel as if she's somebody, rather than just a body in a wheelchair," Mrs. Siler said.

The center, which is funded this year by a \$150,000 grant from the U.S. Department of Education's Rehabilitation Services Administration and \$50,000 in matching funds from Vocational Rehabilitation, a department of Kansas Social and Rehabilitation Services, was dedicated by Gov. John Carlin just a year ago Thursday.

IT SERVES persons with physical and developmental disabilities — the blind, deaf, wheelchair-bound, mentally retarded, and persons recovering from various illnesses, such as strokes or even alcoholism.

When completely staffed, the seven full-time staff members — a director, a counselor, an advocate/community worker, a housing specialist, an attendant/homemaker counselor, a transportation coordinator, a resource librarian, and an office manager — help the disabled clients, about 130 over the year or about 85 at any one time, attain and retain more independent lifestyles.

Someone always is available when an emergency arises.

At 6:50 a.m. one morning last week, after being at the center until 10 p.m. the evening before, Mrs. Siler said she

received a call from a frantic client. His attendant had the flu and couldn't make it to his house to help him get out of bed. Mrs. Siler found an emergency attendant who was there by 8:30 a.m.

LOTS OF people call hysterical because their food stamps are going to be cut off, Mrs. Siler said.

"We get all kinds of calls, from someone wanting to commit suicide to ridiculous kinds of things."

Persons, for example, call for help if a carpenter comes to their home to put in a wheelchair ramp and realizes he doesn't know how. The center then will send someone out to help.

Other clients may call for sex counseling.

Still others may call because their wheelchair broke. One of the center's staff member will go to that person's home, pick it up, lend them another, and have the original repaired.

Some of the improvements these people make may not always be so dramatic, said Mona McCoy, the center's community outreach advocate. "It may just be doing more things on their own. But, these can be a tremendous gain in independence for them."

MRS. SILER added, "We're not doing it for people, we're helping them do it for themselves."

Besides services, the center also provides support for the disabled.

"Seeing someone worse off than you are really has a big impact on some of these people," Ms. McCoy said.

Pat Steinbacher was one such person who acquainted herself with the center for support. The tall, slender mother of two got involved last spring

# nt for helping handicapped

BUDDE SAID he will be studying these policies on the federal and state levels to see how they affect the independent living centers and ultimately those they are suppose to serve, the handicapped persons.

For example, a disabled person may be eligible for a housing subsidy through the Department of Housing and Urban Development. But in order to live in his own apartment or home, he also may need financial assistance from the Department of Health and Human Services for an aide. The disabled person may not be eligible for that. Or, the local transportation authority may not have provided public transportation accessible to the handicapped. It's not doing much good to move a disabled person into an apartment if he can't get to the grocery store to buy food, Friedman said.

But, handicapped people would be in even worse shape without the governmental support they have now, he said.

Friedman said independent living is relatively new to the rehabilitation field.

"REHABILITATION WON'T die, but independent living will be the subject of a lot of discussion."

In explanation, Friedman said that in 1978 an amendment was added to the the Rehabilitation Act of 1973 which mandates that state rehabilitation agencies must provide services to facilitate independent living.

## pendence

after she lost her sight in January, practically overnight.

"I needed somebody to get me out of my doldrums," said the woman who dislikes being referred to as disabled because "there's a whole lot of me here that isn't handicapped."

The center was the only place in town she said she could go "to be able to talk myself back together."

NOW SHE has immersed herself in activities there. Mrs. Steinbacher is president of the center's Consumer Advisory Committee, a group that works with the center's board of directors and staff to identify and meet consumer needs. The eight members of the advisory committee, for example, are studying the accessibility of city buildings to the disabled.

The advisory committee members also have gotten involved in political kinds of activities. In early December, the group will go to Topeka to express their opinions during the Southwestern Bell rate-hike hearings. "Phones are a way of life for most handicapped."

What Mrs. Steinbacher, however, says she's most proud of the groups success in establishing a Mayor's Commission on Handicapped Needs, an advisory board to identify problems and develop solutions for the handicapped in the community.

The group is struggling along because they only have a few members and none of them have much experience in running an organization.

But perhaps that isn't so important though.

"Doing the best with what you have, and doing it yourself, that's the whole thing with independent living," Mrs. Steinbacher said. "It's just that damn independence."

However, the rehabilitation legislation ends in 1982 and continuance of independent living programs may depend on the proof of their worth.

"Lots of dollars are being spent on these programs, but are they doing any good?" Budde asked.

Budde and his staff will try to determine that.

In fact, he already has begun.

BUDDE WORKED with the Lawrence Independent Living Resource Center to develop a graph which shows the improvement in living conditions of some local disabled persons.

On a scale of one to nine — one being the most restrictive living arrangement like a Veterans Administration hospital and nine as the least restrictive such as a private home — Budde

charted the movement from 1979 to 1980.

In 1979, of the 16 persons charted, 12 were living in categories one through five. None was living independently.

In 1980, 14 of the 16 people were living in categories eight or nine, six were in their own homes with a part-time attendant and nine were living in their own homes with no assistance.

"They (the center's staff members) didn't even realize how much they had accomplished before we made this graph," Budde said.

Budde drew another analogy. Ford, Crysler and General Motors stopped producing automobiles which met the needs of the consumer so now the corporations are in trouble.

"We're going to try to prevent that from happening here."



(Staff photo by Earl Richardson)

Lex Friedman, a quadriplegic since 1967 when he broke his neck in an automobile accident, was brought to Lawrence from Houston, Tex. as an independent-living consultant. Here, he is meeting with clients from the Lawrence Independent Living Resource Center to discuss the center's Consumer Advisory Committee and its progress. Seated next to Friedman is Sherri Axline, who is confined to a wheelchair because of cerebral palsy.

# Handicapped want more than separate equality

By JIM HAAG

Lex Frieden thinks handicapped people deserve more than "separate but equal" treatment.

"Our treatment of the handicapped, thus far, has been based on the theory of separate but equal treatment," Frieden said this morning at an independent living conference at the Holiday Inn.

"We've made handicapped people think they don't belong in society."

Frieden speaks from experience. Confined to a wheelchair, he's helped shatter the stereotype of the handicapped person through his work with the Independent Living Research Utilization project in Houston, one of the pioneer agencies in the field of independent living for the handicapped.

He brings his message to Hays this week for a training conference for workers and clients of Operation LINK, an independent living project sponsored by Developmental Services of

Northwest Kansas. LINK (Living Independently in Northwest Kansas) is one of two such projects in Kansas and one of a handful in rural communities throughout the United States.

Independent living is a relatively new concept in the field of rehabilitative services. Through independent living projects, handicapped persons are integrated into day-to-day community life through programs they help design and manage.

"It's more than just finding jobs for the handicapped," said Bob Mikesic, director of Operation LINK. "Economics are a very important concern, but that's not the only concern. Our goal is to help the handicapped become more independent in almost all aspects of their lives."

Operation LINK serves handicapped persons in six northcentral counties, with its main offices in Stockton and branches in Hays and Smith Center. The project was launched a year ago, and Mikesic expects it to

"We want to gain more consumers, more persons who can use our services," Mikesic said. "We're in a period of development right now, and we're looking for ideas that we can use in this area."

Frieden acknowledged a changing attitude toward the handicapped in recent years, as witnessed by the growth in independent living projects.

Independent living programs differ from rehabilitation services, Frieden said, in that all aspects of a handicapped person's life are considered. Rehabilitative services, by contrast, usually concentrate solely on physical and vocational training.

"Independent living doesn't mean merely doing more of the same things we're doing with rehabilitation," he said. "It goes beyond that, and it offers us the chance to provide for independent living in creative and imaginative ways."

HOUSTON EEO CONFERENCE: NOVEMBER 24-25, 1980

WORKSHOP SCHEDULE AND LOCATION

Monday, November 24 Only 10:20 a.m. and 2:00 p.m.

Regulations regarding the Handicapped

Miriam Hartley, Executive Assistant to Assistant  
Secretary of Labor Donald Elisburg, U.S. Dept.  
of Labor, Washington, D.C.

Steve Master, President, Coalition for Barrier  
Free Living

261 B  
HERCULES

Tuesday, November 25 Only 9:45 a.m. and 11:15 a.m.

Women in Non-traditional Jobs: Approaches to  
recruitment, training, advancement

Dr. Sandra Clark, Geologist, U.S. Geological  
Survey, Reston, Virginia

Cynthia Hebert, Customer Engineer, IBM Corp.

Gail N. Mangels, Field Construction Superintendent,  
Harris Development Corp.

Terry Thompson, Senior Manager, Personnel Services,  
Brown & Root Inc.

261 B  
HERCULES

Age Discrimination

V. R. Burch, Jr., Partner, Baker & Botts

Jerry Jensen, Supervisor, Age Discrimination & Equal  
Pay Units, EEOC, Houston

181  
JUPITER

Repeated All Four Sessions

Uniform Selection Guidelines

Dr. P. R. Jeanneret, Managing Principal, LFWF, Inc.

C. Paul Sparks, Personnel Research Coordinator,  
Exxon Co., USA

183  
SATURN

Houston's Workforce in the 80's: Meshing employer  
needs, labor pool and EEO requirements

Walton H. Sharp, Director, Institute of Labor &  
Industrial Relations, University of Houston

Dr. Louis H. Stern, Assoc. Professor of Economics,  
University of Houston

185  
URANUS

The Affirmative Action Plan (how to prepare it and  
make it a useful tool)

Robert Van Brown, Houston Area Office Director, OFCCP

Joseph J. DuBray, Jr., Section Chief, Division of  
Program Operations, OFCCP, Washington, D.C.

Barbara Litchfield, Senior Vice President and Director  
of Personnel, Texas Commerce Bank

249  
LIBRA

Sexual Harassment and other regulations affecting  
women (Pregnancy, Hazardous Substances)  
Harriet J. Ehrlich, Houston District Director, EEOC  
Leopoldo Fraga, Jr., Senior Trial Attorney, EEOC,  
Houston  
Barbara Roberts, Plaintiff, Sexual harassment lawsuit

261  
CONSTELLATION

OFCCP Procedures (including the compliance review,  
on-site audit)  
Jose Montoya, Ass't. Regional Administrator, OFCCP  
Region VI, Dallas  
Kenneth G. Patton, Director, Division of Program  
Operations, OFCCP, Washington, D.C.

275  
SCORPIUS

EEOC Procedures (including rapid charge processing,  
fact finding conference)  
Vernell London, Compliance Supervisor, EEOC, Houston  
Marco Salinas, Compliance Supervisor, EEOC, Houston

277  
SAGITTARIUS



UNIVERSITY OF ARKANSAS · Rehabilitation Education and Research

## T E N T A T I V E   A G E N D A

## Implementing Independent Living Centers

September 30-October 3, 1980

Tuesday, September 30, 1980 - Holiday Inn - Lake Hamilton

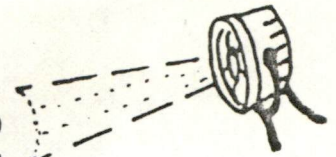
- |             |                                                                                                                                                       |                          |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 6:00 - 7:00 | Teleconference<br>An overview and update on<br>Independent Living from<br>RSA Central & Regional<br>Office<br>(Informal question &<br>answer session) | Jerry Doyle<br>Bill Bean |
| 7:00 -      | Get Acquainted Session                                                                                                                                |                          |

Wednesday, October 1, 1980 - Holiday Inn - Lake Hamilton

- |               |                                                                           |                                                                                                                                                             |
|---------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:30 - 8:45   | Welcome                                                                   | E. Russell Baxter<br>Bob Davis                                                                                                                              |
| 8:45 - 9:00   | Orientation, Purpose, Objectives                                          | Leon Thornton<br>Tim Milligan                                                                                                                               |
| 9:00 - 10:15  | "Cooperative Efforts and<br>Support - The Challenge"<br>(Keynote Address) |                                                                                                                                                             |
| 10:15 - 10:45 | Break                                                                     |                                                                                                                                                             |
| 10:45 - 12:00 | "Concepts & Philosophies of<br>Independent Living"                        | Lex Frieden                                                                                                                                                 |
| 12:00 - 1:15  | Lunch                                                                     |                                                                                                                                                             |
| 1:15 - 3:30   | "Characteristics & Functions<br>of Independent Living Centers"            | Lex Frieden<br>Laurel Richards<br>Beverly Chapman                                                                                                           |
| 3:30 - 4:30   | "Issues in Implementation"<br>(Small Group Meetings)                      | State Coordinators of<br>Independent Living<br>Independent Living Center<br>Directors<br>Other Rehabilitation and<br>Independent Living<br>Center Personnel |

PLEASE POST

# Spotlight on Research at TIRR



ALL STAFF AND FRIENDS OF TIRR INVITED

Bring your sack lunch.  
Beverages will be provided.  
Sandwiches available for sale.

RECEIVED OCT 06 1980

THURSDAY, October 9, 1980  
12:00 Noon - 1:00 P.M.

PROMETHEAN ROOM  
THE INSTITUTE FOR REHABILITATION AND RESEARCH  
1333 Moursund Avenue  
Houston, Texas 77030

12:00 - 12:30 PM

"Independent Living Research"  
Presented by Lex Frieden, M.A., Director  
Independent Living Research Utilization  
Project

Sometimes we get so concerned with bricks and mortar in modifying housing for the use of physically disabled persons that we forget about the other services needed to make independent living a reality. Mr. Frieden, a PH.D. candidate in social psychology at the Univ. of Houston, will report on recent research findings about factors that influence the ability of handicapped persons to live independently.

12:30 - 1:00 PM

"Survey of Houston's Handicapped Residents"  
Presented by Donald Rossi, M.S.,  
Biostatistician

A telephone survey of the Houston area to locate and interview a sample of persons with handicaps will be described. The concept of community participation will be defined from the questionnaire data. Some illustrative findings on community participation among the handicapped in the Houston area will be presented.