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1976 RESOURCE DIRECTORY



A Guide to Services for
Spinal Cord Injured Persons

New England Spinal Cord Injury Foundation

RESOURCE DIRECTORY

**a guide to services in new england
for spinal cord injured persons
April 1976**

**Published by the NEW ENGLAND SPINAL CORD INJURY FOUNDATION, INC.
through a grant provided by the Tri-State Regional Medical Program**

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DEDICATION

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours . . ."

"It is good to build castles in the sky, now put a foundation under them."

Henry David Thoreau

The New England Spinal Cord Injury Foundation dedicates this directory to:

You

Your Dreams

and

Your Determination

We wish to acknowledge especially the contributions of Lois E. McCarthy, former Resource Coordinator in Maine, Karen M. Jasper, current Resource Coordinator for Massachusetts, and the support of the State of Maine, the Northern New England Regional Medical Program, and the State of New Hampshire. Credit is graciously given to the Massachusetts Association of Paraplegics' "Resource Directory" and the Easter Seal Society's "Rights Handbook", as well as many other resource publications by a variety of public and private agencies.

The mention of companies, equipment or people in this directory does not constitute endorsement, but is provided for reference purposes. Information of this type should be used only as a guide since changes and revisions are constantly being made.

We hope that this publication will serve as a beginning tool that will encourage spinal cord injured persons to continue seeking additional information that will enhance their lives. Additions and recommendations are most welcome.



TRI-STATE REGIONAL MEDICAL PROGRAM

Medical Care and Education Foundation, Inc.

One Boston Place, Boston, Massachusetts 02108, (617) 742-7280

FOREWORD

In the original plans of the New England Spinal Cord Injury Program, a major thrust was to reduce the barriers to appropriate services for the spinal cord injured. One such barrier is the ignorance of the patient, family and provider of available resources to aid the spinal cord injured in achieving their maximum potential to live with dignity in this society. The Tri-State Regional Medical Program in funding their program fervently hopes that this resource directory will be a tool to aid all concerned who are seeking appropriate services for the spinal cord injured.

Sincerely,

Robert W. Murphy
Executive Director

INTRODUCTION

Information about important resources for people who have experienced spinal cord injuries is often not available. At other times information about these programs and services is conflicting in nature. This resource directory, the first of its kind in terms of a region-wide scope, has two objectives:

1. To provide information about important resources to spinal cord injured people, their families, and their friends.
2. To identify resources at state and local levels which should be developed in New England states where they do not exist.

This directory serves as one of many building blocks in the Spinal Injury Foundation's effort to develop a comprehensive system of quality care for spinal cord injured persons in New England. It will, with your assistance, help to utilize existing resources in the most effective way and to develop new resources as needed. Hopefully, it will also serve as a catalyst for improving the delivery of care, treatment, rehabilitation, and follow-up services.

Sincere thanks are due to the members of the Resource Directory Task Force who served with me in this endeavor. They are:

Raymond Carroll
Peter Connell
Patricia Cooper
Mary Duvally
Robert Lawton
John Pompei

A special thanks goes to the Foundation staff and especially Goldie Libon and Peter Myette who worked with the Task Force.

Sincerely,



William A. Messoré
Supervisor
Vocational Rehabilitation Division
State of Rhode Island

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A. MEDICAL, REHABILITATIVE AND SELF-CARE

The most important need of the spinal cord injured is quality medical services from the moment of injury, continuing through hospitalization, rehabilitation, and return to the community. Primary acute treatment is usually directed toward stabilization of the fracture which often has caused the injury. In both the acute and rehabilitative stages, special attention is given to the care of the skin as well as bowel and bladder functions, and the maintenance of joint range and muscle strength. In addition, regard to the economic and psychological impact of the injury is vital during this period. This chapter provides essential information about comprehensive medical facilities, rehabilitation centers, and self care concerns. For more definitive information, contact your local medical society, your state hospital association, or the New England Spinal Cord Injury Foundation.

1. EMERGENCY MEDICAL SERVICES

1

An adequate program for spinal cord injuries must start with an efficient and safe way of transporting the patient to a facility providing the proper medical-surgical care. Many hospitals are able to handle spinal cord injuries once the patient is brought in, but improper transportation of injured persons often adds to the injury of the spinal cord.

A key element in limiting the degree of damage to a person who has suffered a spinal cord injury is the quality of the emergency medical care he receives. In some cases proper emergency care will avoid paraplegia. Basically there are three components of emergency medical services. They are first responders, ambulance personnel and transportation, and hospital emergency rooms.

First Responders — Firefighters, police officers and the general public who may reach the scene of an accident and will attempt to, or be required to, render care must be oriented to the possibility of spinal cord injury. This orientation centers around the mechanisms which will prevent spinal cord injury; the rendering of immediate life saving care, e.g. airway maintenance, artificial ventilation, artificial circulation, control of hemorrhage and the removal of the victim to avoid further danger to the person's life.

Ambulance Personnel — All ambulance personnel must be trained to recognize the mechanics which might produce injuries involving the spinal cord and to exercise the appropriate skills for the handling of such patients. These skills include: (a) primary and secondary survey of the patient; (2) immobilization; (3) removal and (4) transportation.

Hospital Emergency Services — Ideally, transportation should be to a hospital capable of providing continuity of care including emergency, acute, rehabilitation, reintegration into the community, and maintenance. In many cases, however, persons who have sustained a spinal cord injury are delivered to a more limited facility. An initial treatment facility for emergency care must provide the following:

- 24-hour emergency service with 24-hour on-site physician coverage
- Capability of providing immediate life support and resuscitation
- Diagnostic capability for simple examination including routine laboratory and radiographic examination
- Application of appropriate traction as indicated

Once the injured person's general condition is satisfactory, a decision must be made whether to admit to the initial facility or transfer to a facility for comprehensive care. A maximum of two hours between the time of injury and reception into an institution providing comprehensive care is essential for optimal results.

For further information on hospital emergency services contact your state Emergency Medical Service (E.M.S.) office or the New England Spinal Cord Injury Foundation. Also, for more definitive standards of care, see "Standards and Criteria of Care" published by the Spinal Injury Foundation.

There is a great variety of sophistication among ambulance services and within the New England states. Listed below are the E.M.S. components of the state governments.

2

Hartford, Connecticut 06106
566-5489

295 Water Street
Augusta, Maine 04330
622-4676

600 Washington Street
Boston, Massachusetts 02116
542-8784

61 So. Spring Street
Concord, New Hampshire 03301
271-3187

Davis Street
Providence, Rhode Island 02904
277-2401

115 Colchester Avenue
Burlington, Vermont 05401
656-3511 or 862-5701

2. HOW TO KNOW IF YOU ARE GETTING THE BEST CARE

(Reprinted from MAP Resource Directory, March, 1975.)

The following is taken from the National Paraplegia Foundation booklet called "How to Get Help If You are Paralyzed." It is by no means an exhaustive outline. However, the points made are extremely important and worthy of inclusion here.

Are you in the best hospital for you? The hospital where you are is probably a good one, but they may not have all of the experience, staff and equipment you need for fast recovery. Ask some questions to find out.

- ***How many paraplegics or quadriplegics do they have now or have they had recently? Is there a special ward for them?*** If paras and quads come here from other places, the hospital must have the needed care and the staff knows about caring for this disability.
- ***Is the hospital connected with a medical school?*** If it is, chances are doctors and staff have more opportunities to keep up with the latest in many areas of medicine.
- ***Does your doctor feel you would have better special care for your disability at another hospital?*** Take his advice even if the other hospital is far away or expensive.
- ***Has anyone on the staff mentioned lack of equipment needed for your treatment?*** Special equipment for rehabilitation is expensive and hospitals specializing in treating disabilities buy it while smaller hospitals can't afford it.

Are you receiving the best care for your disability? Care at your hospital is probably the best the staff can give, but there are some types of care for the newly disabled that are very important for your future health. Are you getting the following care?

- *Does the staff have you drink lots of water?* Your kidneys and bladder need the flushing action of a lot of water passing through.
- *Is the staff watching bowel function closely?* Bowel function needs help, such as enemas, for awhile. A tube called a catheter is also needed, at least for a while, to help with bladder function.
- *Does the staff check your heels, ankles, hips and other bone areas for redness at least once a day?* With the changes that have happened in circulation and skin, pressure sores develop very quickly. It may take months to heal a sore that happened in a few hours. The hospital staff should be taking precautions that no area of your body has continual pressure on it.
- *Does the hospital have an O.T. and a P.T.? Do the nurses or other staff move your arms, legs and other paralyzed parts of the body at least 45 minutes a day to keep them limber?* Paralyzed muscles will become very tight and joints will become stiff if not moved frequently. They may give many problems in the future.

3

Ask your doctor if he knows about a hospital that specializes in treatment of those with paralysis or if he can find out from groups to which he belongs.

Ask your social worker, therapist, clergyman or other person to help you find out about specialized centers.

Find out what qualifications are needed for admission to a center specializing in treatment of disabilities. There will most likely be papers for the doctor to sign. Start planning as early as possible. There may be a waiting period. Don't be afraid to pester doctors, social workers and administrators for help.

3. PHYSICIAN SPECIALTIES

The most common physician specialties a spinal cord injured person will need are:

Neurosurgeon — A physician who specializes in management and surgery of the nervous system.

Orthopedist (Orthopedic surgeon) — A physician who specializes in the preservation and restoration of the function of the skeletal system (i.e. bones, joints and associated structures). The orthopedic surgeon also undertakes many non-surgical tasks such as the prescribing of corrective devices (e.g. braces), and working with a physiatrist in the formulation of a rehabilitation plan.

Physiatrist (Physical medicine) — A physician who specializes in the medical management of physical disability, by using physical energies or means to diagnose and treat diseases involving muscles, the nerves which activate them, ligaments, tendons, and joints. Physical treatment can include heat, cold, light, electricity, water, ultrasound, manipulation, massage, exercise, and mechanical devices. The physiatrist is ordinarily the key member of the rehabilitation team.

Plastic Surgeon — A physician who specializes in restoration or reconstruction of body structures (e.g. soft tissues) that are defective or damaged by injury or disease (chiefly skin problems for spinal cord injured patients).

Urologist — A physician who specializes in medical and surgical management of the urinary system (kidneys and bladder) and related organs and structures.

To locate a physician in your area, you can contact your State Medical Society:

Connecticut - 160 St. Ronan Street, New Haven - Telephone: 865-0587

Maine - Box 250, Brunswick 04011 - Telephone: 725-6414

Massachusetts - 22 The Fenway, Boston 02115 - Telephone: 536-8812

New Hampshire - 4 Park Street, Concord 03301 - Telephone: 224-1909

Rhode Island - 106 Francis Street, Providence 02904 - Telephone: 331-3207

Vermont - 128 Merchants Row, Rutland 05701 - Telephone: 773-2933

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4. COMPREHENSIVE CARE FACILITIES

Few hospitals in the New England region provide the complete range of medical and rehabilitative care necessary for the spinal cord injured person, which begins at the moment of injury and lasts throughout his or her lifespan. Necessary services for a comprehensive care facility are:

- 24-hour emergency service with 24-hour on-site physician coverage
- Provision of immediate life support and resuscitation
- Neurosurgery
- Orthopedics
- Physical Medicine
- Urology
- Medical and surgical consultation
- Plastic surgery
- X-ray Department including specialized neuroradiologic capabilities
- Nursing and medical support services
 - Full medical, surgical and laboratory services
 - Trained staff to manage patients with unstable spines in special beds
 - Trained staff in all phases of care such as bladder and bowel management (including technique of intermittent catheterization), skin care and positioning, joint range maintenance, and muscle strengthening.
- Orthotic/prosthetic facilities capable of providing and fitting all necessary adaptive and supportive devices such as special beds, wheelchairs, traction equipment, braces, corsets, splints, adaptive eating utensils, etc.
- Social work, psychology, and vocational rehabilitation services necessary to return a person to the community, including appropriate schooling and vocational placement.
- A program of patient, staff, and family education in spinal cord injury.
- A program of lifetime follow-up care, maintenance of appropriate records, and reporting.

For additional information, see "Standards and Criteria of Care" published by the Spinal Injury Foundation.

The following facilities are identified as being able to provide this comprehensive care:

MAINE

Eastern Maine Medical Center
49 State Street
Bangor 04401
Philip Mossman, M.D.
(207) 947-3711
52 beds

Maine Medical Center
22 Bramhall Street
Portland 04102
John Lorentz, M.D.
(207) 871-0111
40 beds

MASSACHUSETTS

Massachusetts General Hospital
Fruit Street
Boston 02114
Robert Leffert, M.D.
726-2000
86 beds

New England Regional Spinal Cord In-
jury Center
University Hospital
75 East Newton Street
Boston 02118
Murray Freed, M.D.
262-4200
16 beds (September 1, 1976 - 24 beds)

New England Medical Center
Rehabilitation Unit
185 Harrison Avenue
Boston 02011
Carl Granger, M.D.
956-5120
25 beds

West Roxbury Veterans Administration
Hospital
1400 VFW Parkway
West Roxbury 02132
Alain Rossier, M.D.
323-7700
110 beds

VERMONT

Medical Center Hospital of Vermont
DeGoesbriand Unit
417 Pearl Street
Burlington 05401
Raymond L. Milhous, M.D.
(802) 656-2345
16 beds

5. INTERMEDIATE CARE FACILITIES

Many hospitals can provide emergency lifesaving procedures, a full range of medical care in the acute phase, and quality maintenance care, but cannot provide total rehabilitation and follow-up services. Once stabilization has occurred, transfer should then be made to either a comprehensive care or rehabilitation facility. Also, some hospitals have rehabilitation programs, but do not provide specialized acute care for spinal cord injured persons.

For further information, contact your state hospital association listed below or the New England Spinal Cord Injury Foundation.

STATE HOSPITAL ASSOCIATIONS

15 Lewis Street
Hartford, Connecticut 06106
(203) 249-6251

5 Executive Park
Burlington, Massachusetts 01803
(617) 272-8000

33 Western Avenue
Augusta, Maine 04330
(207) 622-4794

12 London Road
Concord, New Hampshire 03001
(603) 224-2931

Hospital Association of Rhode Island
56 Pine Street
Providence, Rhode Island 02904
(401) 351-4450

Shelburne Inn
Shelburne, Vermont 05482
(802) 985-2585

6. REHABILITATION FACILITIES

Rehabilitation is a learning process which helps to reshape a person's skills to achieve maximum independence. The success or failure of this training depends on the individual being ready, able, and willing to absorb this training, the quality of care during the first few weeks following injury, the prevention of unnecessary complications, and the overall competency of the rehabilitation team.

a. Inpatient Facilities

6 In addition to the comprehensive facilities already noted, other major facilities in New England offering rehabilitation services and follow-up care once medical stabilization has occurred are:

Connecticut

Gaylord Hospital, Gaylord Farm Road, Box 400, Wallingford 06492

Tel. (203) 269-3344 - Dr. Philip Arnold, Director

98-bed hospital with a 12-bed spinal cord injury unit. Offers in and out-patient services in P.T., O.T., recreational therapy, social and psychiatric services and has five psychiatrists.

Hartford Hospital, 80 Seymour Street, Hartford - Tel. (203) 524-2948 -
James Hardy, M.D., Director

Offers in and out-patient services in P.T., O.T., recreational therapy and has one physiatrist on its staff.

St. Francis Hospital, 114 Woodland Street, Hartford - Tel. (203) 548-4000
Dr. E. Cecil Eagan, Director

A 600-bed hospital which offers rehabilitative services in O.T. and P.T. has one physiatrist on staff.

Massachusetts

Berkshire Rehabilitation Center, 741 North Street, Pittsfield

This non-profit, private rehabilitation center operates jointly with the Berkshire Medical Center (Pittsfield), Mercy Hospital Rehabilitation Unit (Springfield) and Putnam Memorial Hospital (Bennington, Vermont) in providing O.T., P.T. and psychiatry services to these rehabilitation units.

Berkshire Medical Center, Pittsfield

Has an 18-bed rehabilitation unit comprised of all kinds of disabilities (spinal cord injury, stroke, etc.). Has P.T., O.T. and part-time physiatrist.

Braintree Hospital, 250 Pond Street, Braintree

160-bed facility for chronic illnesses and injury for persons with rehabilitation potential. Presently has some spinal cord injured persons undergoing rehabilitation. Has P.T., O.T., full-time psychiatry, dental services, social services, and consultants in neurology, orthopedics, urology, and psychiatry.

Brockton Veteran's Administration Hospital, Spinal Cord Injury Unit, Brockton

60-bed spinal cord injury unit which provides housing, medical, and specialized services for veterans who have completed their initial rehabilitation. Services include a full-time physiatrist and social worker, part-time P.T. and O.T., psychologist, and consultant services as needed.

Central Massachusetts Rehabilitation Center, 299 Lincoln St., Worcester 01605
Outpatient and private rehabilitation center which offers P.T., O.T., speech therapy, social services, and driving instruction for physically disabled persons. It is connected with an adjoining nursing home which provides inpatient medical services. Population is primarily elderly, although spinal cord injured persons do occasionally utilize outpatient P.T., O.T., and driving services. Psychiatrist available part-time.

Lakeville Hospital, Lakeville

A chronic disease and rehabilitation facility with full-time P.T., O.T., social services, and psychiatrist. Treats spinal cord injured persons for rehabilitation and follow-up, although spinal cord injured population at any one time is small.

Massachusetts Rehabilitation Hospital, 125 Nashua Street, Boston 02114 -
Tel. (617) 523-1818

283 beds with a capacity for 17 spinal cord injured patients. Full P.T., O.T., speech, recreational therapy, and psychological support. Treats spinal cord injured persons infrequently.

Mercury Hospital Rehabilitation Unit, Carew Street, Springfield

Under the umbrella of the Berkshire Rehabilitation Center, this 18-bed rehabilitation unit is staffed with a full-time psychiatrist, P.T. and O.T. Admits spinal cord injured patients only occasionally.

New England Rehabilitation Hospital, 1 Rehabilitation Way, Woburn 01801 -
Tel. 935-5050

10-12-bed general rehabilitation unit with high percentage of spinal cord injury admissions per year (approximately 20). Has full-time psychiatrist, P.T., O.T., social services and psychologist.

Western Massachusetts Hospital, 91 East Mountain Road, Westfield

A chronic disease and rehabilitation facility with limited P.T., O.T. and social services. Part-time psychiatrist. Spinal cord injury population has been extremely small.

New Hampshire

Crotched Mountain Rehabilitation Center, Greenfield 03047 - Tel. 547-3311

Offers skilled and intermediate nursing care, residential school programs, residential vocational evaluations, limited vocational training, driver training.

b. Outpatient Facilities

Most of the facilities listed above also have outpatient clinics which provide follow-up services as needed. Some facilities offering only outpatient and home care are:

Connecticut

Easter Seal Rehabilitation Center of Eastern Fairfield County
226 Mill Hill Avenue, Bridgeport 06610 - Tel. 366-7551

Hartford Easter Seal Rehabilitation Center, Inc.
80 Coventry Street, Hartford 06112

Easter Seal Central Connecticut Rehabilitation Center, Inc.
Meriden-Wallingford Hospital, 181 Cook Avenue, Meriden 06450

Easter Seal Goodwill Industries Rehabilitation Center, Inc.
20 Brookside Avenue, New Haven 06515 - Tel. (203) 389-4561

Easter Seal Rehabilitation Center of Southwestern Connecticut, Inc.
26 Palmer's Hill Road, Stamford 06902 - Tel. (203) 325-1544

Easter Seal Rehabilitation Center of Southeastern Connecticut, Inc.
216 Norwich-New London Turnpike, Uncasville 06382 - Tel. (203) 848-9266

Easter Seal Rehabilitation Center of Greater Waterbury, Inc.
22 Tompkins Street, Waterbury 06795 - Tel. (203) 754-5141

Maine

Central Maine General Hospital
300 Main Street, Lewiston - Tel. 795-0111

8 Mercy Hospital
144 State Street, Portland 04101 - Tel. 774-1461

Mid-Maine Medical Center
North Street, Waterville 04901 - Tel. 873-0621

Massachusetts

Rehabilitation Center of Worcester County
535 Lincoln Street, Worcester 01605 - Tel. (617) 852-1626

New Hampshire

Easter Seal Rehabilitation Center for Crippled Children and Adults
80 Tarrytown Road, Manchester 03103 - Tel. 622-6438

The Portsmouth Rehabilitation Center
Interstate By Pass, Portsmouth 03801 - Tel. 436-5716

7. GOING HOME

The following issues should be explored before being discharged from a rehabilitation facility and/or hospital setting:

Are you learning about your body and what you must know to take care of it? You must be able to explain your needs to other people and be able to teach them what they can do to help you manage your needs.

- Skin Care - What must you do to prevent pressure sores?
- Urinary function - How much liquid should you drink each day? Why?
- Bowel training and control - What is needed to insure accident-free bowel function?

What kinds of foods should you eat and why? How can you control your weight?

What is needed for the care and cleaning of:

- Urinary supplies
- Elastic stockings and corsets
- Braces and splints
- Wheelchairs
- Wheelchair cushions

Mobility - Can you change position in bed, transfer from wheelchair to car, onto toilet, in and out of bath or shower, get on and off the floor? Can you get where you want in your wheelchair? Can you drive a car?

Activities of daily living - Can you feed yourself, dress yourself, bathe, brush your teeth, answer the telephone, get a drink from the refrigerator, make a sandwich, and so on?

What should be done for:

- A cold or cough?
- Swelling of feet or legs?
- Range of motion and exercise?
- Medication?
- Spasms?
- Autonomic dysreflexia?

Going to see the doctor:

- How will arrangements be made for routine check-ups at a spinal cord injury center?
- Why do you need a family doctor?

9

8. SELF-CARE

Worrying about daily inconveniences such as bathroom care and general grooming is counterproductive to an independent life. Leaking catheters, overflowing bags, or "accidents" in general are indeed annoying and, if not controlled, can needlessly occupy a great deal of one's time and delay one's rehabilitation.

Bladder and bowel care can be controlled if a routine is established. Whether one has an indwelling catheter, external catheter, ileal diversion or self-catheterizes, "regularity" must apply. Catheters and bags must be changed at definite intervals to maintain cleanliness and to reduce the chance of bacteria and infection (check with physician on what to do). Catheters must be cleaned with an appropriate solution frequently. Set aside definite times of the day for these simple tasks. Note color of urine and normal appearance of urine for you, so that a noted change will be detected. Again, if you have a routine you will constantly be aware of irregularities and can notify your physician if a correction is needed.

A bowel regime should also be established. Attempt to take care of this at a scheduled time, for example, every day at 5:00 p.m. or whatever time is suitable. When a program has been established and with proper diet, you can help eliminate the problems of bowel control. Establishing routines cannot be over-emphasized, and tasks accomplished routinely are more easily remembered and become second nature.

Bathing frequently is desirable and drying oneself adequately is important in reducing excessive moisture on skin, which increases friction when in contact with another surface, i.e. can lead to pressure sores. Use powder as a drying agent.

Bedding is individualistic, and what is correct for one person may be inadequate for another. Lying in bed can lead to pressure sores if one does not turn periodically from side to side. For some, sleeping on one's stomach is optimal.

Clothing, too, is up to the individual, but special attention should be given to

clothing weight. Naturally, heavier clothing is worn in winter than in summer thus winter months or cool months are important as proper attire is essential in maintaining body temperature. The most susceptible areas to cold are feet and hands, although legs, thighs, and chest areas are not to be minimized. In cold weather it is advisable to wear appropriate footwear such as heavy socks and insulated boots. For the lower extremities, long underwear or thermal underwear is recommended (note that underwear should be smooth in texture, as any ridges can cause pressure and irritation to skin). Over this should be worn corduroy material or wool. The same can apply for upper extremities, wearing a wool shirt or ski parka over the underwear.

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With muscle atrophy there is a decrease in circulation of blood which is primarily responsible for the maintenance of normal body temperature. Any coldness in contact with the body decreases blood flow and lowers body temperature therefore, frostbite in cold areas for people with poor circulation is far more likely. Cold weather is bad for anyone but with muscle atrophy, the cold sets in rapidly. To enjoy winter, dress appropriately; it is both easy and vital. Again, dressing is individualistic and speed can come only with practice, whether assistance is needed or not.

Transferring from an object to wheelchair and back requires care in order to reduce the chance of skin irritation on the buttocks. Proper cushioning material should be utilized in automobiles, chairs and wheelchairs to assure comfort and protection against pressure sores. The person using the wheelchair cushion should be sure that it functions properly. Whenever you leave your wheelchair to lie down, check the buttocks for red or pinkish areas, particularly around the bony prominences. Do this daily! Shifting one's position *frequently* in the wheelchair gives the seated area a chance to "breathe" and allows increased blood flow to the tissues to maintain a healthy level, thus decreasing chances of pressure sores.

If you shift frequently, avoid unnecessary friction while transferring, maintain proper skin hygiene, and relieve pressure completely (at bedtime), then pressure sores should be *non-existent*.

Urinary and bowel supplies in general include catheters and urine bags, ileal diversion bags, suppositories, and antiseptic and cleansing solutions. You and your physician can determine what best serves your needs. For additional information on supplies, see the chapter on Equipment.

9. HOME HEALTH AGENCIES

Health care services in the home are provided throughout New England by certified home health agencies, some of which are visiting nurse associations, and in some cases, public health nursing programs. Not all of the services listed below are available in every home health agency. Services are provided under the orders of an attending physician and are most often covered by Medicare, Medicaid, and/or private insurers. Those individuals not covered by insurance usually pay on a fee-per-visit basis. Services provided may include:

- Skilled part-time nursing care
- Teaching others (e.g. a family member) care of the sick or handicapped at home
- Evaluations and referrals to other services as needed
- Medical social services

Physical therapy
 Occupational therapy
 Speech therapy
 Home health aides*
 Nutritional guidance
 Home evaluations for architectural barriers
 Homemaker services**

*Home health aides services, under the supervision of a Registered Nurse (R.N.), provide personal care assistance in dressing, ambulating, and transferring.

**Homemaker services provide simple meal preparation, light laundry and ironing, light housework, child care, grocery shopping, errand running, and other related activities.

Connecticut

Andover	Columbia-Hebron-Andover Health Service	228-9428
	Homemaker-Home Health Aide Service	423-6331
Ansonia	Public Health Nursing & Homemaker Service	735-7468
Ashford	Public Health Nursing Assn.	974-1564
	Homemaker-Home Health Aide Service	423-6331
Avon	Public Health Nursing Assn.	678-1505
	The Valley Homemaker Service	658-4174
Barkhamsted	Regional Health Services, Inc.	379-8561
	Homemaker-Home Health Aide Service	379-0636
Beacon Falls	Waterbury Visiting Nurses Assn.	753-9273
Berlin	Berlin Public Health Nursing Service	828-3501
	Community Health Services	229-3759
Bethany	Regional Visiting Nurse Agency	288-6471
	Homemaker Services Bureau	777-4736
Bethel	Bethel Visiting Nurse Assn.	743-9231
Bethlehem	W. Bradford Walker Community Health Assn.	672-6053
Bloomfield	Visiting Nurse Assn. of Hartford	243-2511
	Family Service Society	278-9374
Bolton	Rockville Public Health Nursing Assn.	872-9163
	Manchester Homemaker Service	643-9511
Bozrah	Public Health Nursing Service	889-2375
Branford	Branford Visiting Nurse Assn.	488-1609
	Homemaker-Home Health Aide Service	488-9800
Bridgeport	Visiting Nurse Assn.	366-3821
	Homemaker-Home Health Aide Dept.	368-4291
Bridgewater	Visiting Nurse Assn.	354-2216
Bristol	Bristol Visiting Nurse Assn.	583-1644
	Homemaker Service of Bristol Area	589-2262
Brookfield	Danbury Visiting Nurse Assn.	792-4120
Brooklyn	Nursing & Health Service	774-8767
	Quinebaug Valley Homemaker-Home Health	928-5940
Burlington	Bristol Visiting Nurse Assn.	583-1644
	Homemaker Service of Bristol Area	589-2262
Canaan	W. Bradford Walker Community Health Assn.	672-6053
	Housatonic Homemaker-Health Aide Service	672-6816
Canterbury	Quinebaug Valley Homemaker-Home Health	928-5940
Canton	Canton Public Health Nursing Assn.	693-8502
	Valley Homemaker Service	658-4174
Chaplin	Public Health Nursing Agency	455-9676
	Homemaker-Home Health Aide Service	423-6331
Cheshire	Cheshire Public Health Nursing Service	272-5627
Chester	Chester Public Health Nursing Service	526-9298

Clinton	Clinton Public Health Nursing Service	669-2556
	Hammonasset Homemaker Assn.	245-1403
Colchester	Colchester Public Health Nurse Agency	537-3080
	Public Health Nursing Services	889-2375
Colebrook	Regional Health Services	379-8561
	Winchester Area Homemaker-Home Health Aide	379-0636
Columbia	Community Health Service	228-9428
	Homemaker-Home Health Aide Service	423-6331
Cornwall	W. Bradford Walker Community Health Assn.	672-6053
	Housatonic Homemaker-Health Aide Service	672-6816
Coventry	Public Health Nursing Assn.	742-7312
	Homemaker-Home Health Aide Service	423-6331
Cromwell	Cromwell Public Health Nursing Service	346-2921
	Greater Middletown Homemaker Service	344-0366
Danbury	Danbury Visiting Nurse Assn.	792-4120
Darien	Public Health Nursing Assn.	655-1742
	Stamford-Darien Homemaker Service	327-1860
Deep River	Deep River Public Health Nursing Service	526-5432
Derby	Public Health Nursing & Homemaker Services	735-7468
Durham	District Nurse Assn. of Middletown	346-9621
	Greater Middletown Homemaker Service	344-0366
East Granby	Visiting Nurse Assn.	688-3675
East Haddam	East Haddam Public Health Nursing Service	873-9029
E. Hampton	District Nurse Assn.	346-9621
	Greater Middletown Homemaker Service	344-0366
E. Hartford	Public Health Nursing Service	289-2781
	Family Service Society	278-9374
East Haven	Visiting Nurse Assn.	777-5521
	Homemaker Services Bureau	777-4736
East Lyme	East Lyme Nursing Assn.	739-8698
	Homemakers Service of New London	443-1976
E. Windsor	East Windsor Visiting Nurse Assn.	623-2304
Eastford	Public Health Nursing Assn.	974-1564
	Quinebaug Valley Homemaker-Home Health Aide	928-5940
Easton	Public Health Nursing Assn.	268-6291
	Homemaker-Home Health Aide Dept.	368-4291
Ellington	Rockville Public Health Nursing Assn.	872-9163
	Manchester Homemaker Service	643-9511
Enfield	Enfield Visiting Nurse Assn.	745-1457
	Homemaker Service of Enfield	745-0371
Essex	Essex Public Health Assn.	767-0186
Fairfield	Public Health Nursing Service	259-5295
	Homemaker-Home Health Aide Dept.	368-4291
Farmington	Farmington Visiting Nurse Assn.	673-3271
	Valley Homemaker Service	658-4174
Franklin	Public Health Nursing Service	889-2375
Glastonbury	Glastonbury Visiting Nurse Assn.	633-2011
	Family Service Society	278-9374
Goshen	Walker Community Health Assn.	672-6053
	Housatonic Homemaker-Health Aide Serv.	672-6816
Granby	Granby Public Health Nursing Assn.	653-2906
	Valley Homemaker Service	658-4174
Greenwich	Greenwich Health Dept.-Public Health Nurs.	869-8800
	Greenwich Hospital-Home Care Dept.	869-7000
	Greenwich Homemaker Service	869-8800

Griswold	Griswold Public Health Nursing Service	376-9835
	Public Health Nursing Service	889-2375
Groton	Groton Public Health Nursing Service	445-7455
	Homemakers Service of New London	443-1976
Guilford	Guilford Public Health Nurse Assn.	453-2763
	Homemaker-Home Health Aide Service	453-2763
Haddam	Haddam Public Health Nursing Assn.	345-4621
	Greater Middletown Homemaker Service	344-0366
Hamden	Regional Visiting Nurse Agency	288-6471
	Homemaker Services Bureau	777-4736
	Hamden Dept. of Health	288-5641
Hampton	Public Health Nursing Agency	455-9676
	Homemaker-Home Health Aide Service	423-6331
Hartford	Visiting Nurse Assn.	243-2511
	Family Service Society	278-9374
	Hartford Health Dept.	566-6330
Hartland	Granby Public Health Nursing Assn.	653-2906
Harwinton	Brooker Health Center Visiting Nurse Serv.	482-6518
Hebron	Community Health Service	228-9428
	Homemaker-Home Health Aide Service	423-6331
Kent	New Milford Visiting Nurse Assn.	354-2216
	Housatonic Homemaker-Health Aide Service	672-6816
Killingly	Nursing and Health Service	774-8767
	Quinebaug Valley Homemaker-Health Aides	928-5940
Killingworth	Clinton Public Health Nursing	669-2556
	Hammonasset Homemaker Assn.	245-1403
Lebanon	Community Health Service	228-9428
	Homemaker-Home Health Aide Service	423-6331
Ledyard	Ledyard Public Health Nursing Service	464-7253
	Homemakers Service of New London	443-1976
Lisbon	Griswold Public Health Nursing Service	376-9835
	Public Health Nursing Service	889-2375
Litchfield	Brooker Memorial Health Center Visiting Nurse	482-6518
Lyme	East Lyme Nursing Assn.	739-8698
	Homemakers Service of New London	443-1976
Madison	Madison Public Health Nursing Assn.	245-2333
	Hammonasset Homemaker Assn.	245-1403
Manchester	Manchester Public Health Nursing Assn.	649-5389
	Manchester Homemaker Service	643-9511
Mansfield	Public Health Nursing Assn.	423-8849
	Homemaker-Home Health Aide Service	423-6331
Marlborough	Community Health Service	228-9428
	Homemaker-Home Health Aide Service	423-6331
Meriden	Meriden Public Health & Visiting Nurse Assn.	235-5714
	Family Service Assn.	235-0511
Middlefield	District Nurse Assn.	346-9621
	Greater Middletown Homemaker Service	344-0366
Middletown	District Nurse Assn.	346-9621
	Greater Middletown Homemaker Service	344-0366
Milford	Visiting Nurse Assn.	878-5967
	Milford Health Dept.	878-1731
	Milford Homemaker Service	878-5060
Monroe	Public Health Nursing Service	268-9601
	Homemaker-Home Health Aide Dept.	368-4291

Montville	Montville Visiting Nurse Assn.	848-9541
	Homemakers Service of New London	443-1976
Morris	Walker community Health Assn.	672-6053
Naugatuck	Naugatuck Public Health Nursing Service	729-4571
	Waterbury Visiting Nurses Assn.	753-9273
	Homemaker Services	753-3187
New Britain	Community Health Services	229-3759
New Canaan	Visiting Nurse Assn.	966-9591
New Fairfield	Family and Child Aid	748-5689
New Hartford	Regional Health Services	379-8561
	Homemaker-Home Health Aide Service	379-0636
New Haven	Visiting Nurse Assn.	777-5521
	Yale-New Haven Hospital-Home Care Dept.	436-1914
	Homemaker Services Bureau	777-4736
New London	Visiting Nurse Assn.	442-4329
	Homemakers Service	443-1976
	Department of Health	442-9034
New Milford	Visiting Nurse Assn.	354-2216
	Family and Child Aid	748-5689
New Preston	Visiting Nurse Assn.	868-7425
Newington	Visiting Nurse Assn.	243-2511
	Family Service Society	278-9374
Newtown	Danbury Visiting Nurse Assn.	792-4120
	Family and Child Aid, Inc..	748-5689
Norfolk	Homemaker-Home Health Aide Service	379-0636
No. Blanford	Public Health Nursing Assn.	484-9655
	Homemaker-Home Health Aide Service	488-9800
No. Canaan	Visiting Nurse Assn.	824-5801
	Housatonic Homemaker-Health Aide Service	672-6816
No. Haven	Regional Visiting Nurse Agency	288-6471
	Homemaker Services Bureau	777-4736
No. Stonington	Public Health Nursing Service	535-2850
	Homemakers Service of New London	443-1976
Norwalk	Department of Health	838-7531
	Family and Children's Aid, Inc.	847-3801
Norwich	Public Health Nursing Service	889-2375
	Norwich Health Department	887-2430
Old Lyme	East Lyme Nursing Assn.	739-8696
	Homemakers Service of New London	443-1976
Old Saybrook	Public Health Nursing Service	388-3067
	Hammonasset Homemaker Assn.	245-1403
Orange	Public Health Nursing Service	799-2118
	Homemaker Services Bureau	777-4736
Oxford	Public Health Nursing & Homemaker Services	735-7468
Plainfield	Public Health Nursing Assn.	564-7203
	Quinebaug Valley Homemaker-Health Aide Serv.	928-5940
Plainville	Community Health Services	229-3759
Plymouth	Public Health Service	589-8083
Pomfret	Public Health Assn.	928-5008
	Quinebaug Homemaker-Health Aide Service	928-5940
Portland	District Nurse Assn.	342-3300
	Middletown Homemaker Service	344-0366
Preston	Public Health Nursing Service	889-2375
Prospect	Waterbury Visiting Nurses Assn.	753-9273
Putnam	Visiting Nurse Assn.	928-5470

Redding	Danbury Visiting Nurse Assn.	792-4120
	Family and Child Aid, Inc.	748-5689
Ridgefield	District Nursing Assn.	438-8214
Rockville	Public Health Nursing Assn.	872-9163
	Manchester Homemaker Service	643-9511
Rocky Hill	Visiting Nurse Assn.	243-2511
	Family Service Society	278-9374
Roxbury	Visiting Nurse Assn.	264-5065
	Family and Child Aid, Inc.	748-5689
Salem	Public Health Nursing Service	889-2375
Salisbury	Public Health Nursing Assn.	435-9517
	Housatonic Homemaker-Health Aide Service	672-6816
Scotland	Public Health Nursing Agency	455-9676
	Homemaker-Home Health Aide Service	423-6331
Seymour	Public Health Nursing & Homemaker Service	735-7468
Sharon	Walker Community Health Assn.	672-6053
	Housatonic Homemaker-Health Aide Service	672-6816
Shelton	Public Health Nursing & Homemaker Service	735-7468
Sherman	New Milford Visiting Nurse Assn.	354-2216
	Family and Child Aid, Inc.	748-5689
Simsbury	Visiting Nurse Assn.	658-5215
	Valley Homemaker Service	658-4174
Somers	Rockville Public Health Nursing Assn.	872-9163
	Manchester Homemaker Service	643-9511
So. Windsor	Public Health Nursing Assn.	644-2511
	Manchester Homemaker Service	643-9511
Southbury	Visiting Nurse Assn.	264-5065
	Homemaker Services	753-3187
Southington	Public Health Assn.	621-3661
	Family Service Assn.	235-0511
Sprague	Public Health Nurse Assn.	822-8191
	Public Health Nursing Service	889-2375
Stafford	Public Health Nursing Assn.	684-2592
Stamford	Visiting Nurse Assn.	324-4112
	Stamford-Darien Homemaker Service	327-1860
Sterling	Public Health Nursing Assn.	564-7203
	Quinebaug Homemaker-Health Aide Service	928-5940
Stonington	Visiting Nurse Assn.	535-0685
	Homemakers Service of New London	443-1976
Stratford	Visiting Nurse Assn.	375-1057
	Homemaker-Home Health Aide Dept.	368-4291
Suffield	Emergency Aid Assn.	668-2522
Thomaston	Visiting Nurse Assn.	283-4887
	Waterbury Visiting Nurse Assn.	753-9273
Thompson	Public Health Assn.	923-9350
	Quinebaug Homemaker-Health Aide Service	928-5940
Tolland	Rockville Public Health Nursing Assn.	872-9163
	Manchester Homemaker Service	643-9511
Torrington	Brooker Health Ctr. Visiting Nurse Service	482-6518
Trumbull	Public Health Nursing Service	268-9601
	Homemaker-Home Health Aide Dept.	368-4291
Union	Public Health Nursing Assn.	974-1564
Vernon	Rockville Public Health Nursing Assn.	872-9163
	Manchester Homemaker Service	643-9511
Voluntown	Griswold Public Health Nursing Service	376-9835

	Wallingford	Visiting Nurse Assn.	269-1475
		Family Service Assn.	235-0511
	Warren	New Preston Visiting Nurse Assn.	868-7425
	Washington	Visiting Nursing Assn.	868-2046
	Waterbury	Visiting Nurses Assn.	753-9273
	Waterford	Public Health Nursing Service	443-2304
		Homemakers Service of New London	443-1976
	Watertown	Public Health Nursing Assn.	274-1086
		Homemaker - Home Health Aide Services	753-3187
	W. Hartford	Visiting Nurse Assn.	521-1571
		Family Service Society	278-9374
	West Haven	Visiting Nurse Assn.	777-5521
		Homemaker Services Bureau	777-4736
	Westbrook	Public Health Nursing Service	399-7066
		Hammonasset Homemaker Assn.	245-1403
16	Weston	Public Health Nursing Service	227-4636
		Visiting Homemaker Service	227-3969
	Westport	Public Health Nursing Service	227-4636
		Visiting Homemaker Service	227-3969
	Wethersfield	Visiting Nurse Assn.	243-2511
		Family Service Society	278-9374
	Willington	Public Health Nursing Assn.	974-1564
		Homemaker-Home Health Aide Service	423-6331
	Wilton	Public Health Nursing Assn.	762-8958
		Family and Children's Aid, Inc.	847-3801
	Winchester	Regional Health Services	379-8561
		Homemaker-Home Health Aide Service	379-0636
	Windham	Visiting Nurse Assn.	423-2488
		Homemaker-Home Health Aide Service	423-6331
	Windsor	Visiting Nurse Assn.	688-3675
		Family Service Society	278-9374
	Windsor Locks	Public Health Nursing Assn.	623-4082
	Wolcott	Waterbury Visiting Nurses Assn.	753-9273
		Homemaker Services	753-3187
	Woodbridge	Regional Visiting Nurse Agency	288-6471
		Homemaker Services Bureau	777-4736
	Woodbury	Waterbury Visiting Nurses Assn.	753-9273
		Homemaker Services	753-3187
	Woodstock	Public Health Assn.	928-5008
		Quinebaug Homemaker-Health Aide Services	928-5940

Maine

	Auburn	Androscoggin Home Health Services	784-9307
	Bangor	The Counseling Center	947-0366
	Bangor	District Nursing Assn.	942-6262
	Caribou	Aroostook Home Care Agency	498-2570
	Bar Harbor	Bar Harbor Public Health Nursing Assn.	288-5584
	Bath	Bath-Brunswick Regional Health Agency	443-4351
	Biddeford	United Community Health Services	284-6622
	Blue Hill	Four Town Nursing Service	374-5510
	Kennebunk	Kennebunk Public Health Nursing Assn.	985-3092
	Kittery	Kittery Public Health Nursing Assn.	439-0776
	Portland	Coordinated Home Health Service	774-1461
		Community Health Services	774-5844
	Rockland	Mid-Coast Home Health Agency	594-5195
	Sanford	Community Health Assn.	324-3662

So. Portland	So. Portland Public Health Nursing Assn.	799-7511
Waterville	Community Health Services	873-1127
Wells	Town of Wells Home Health Agency	646-2771
York	York Hospital Home Health Agency	363-4321

State of Maine - Division of Public Health Nursing

Public Health Nurses employed by the Division are professional nurses with training in public health. They provide the following services:

Nursing services to people where these services are not offered by local or regional nursing or home health agencies — Northern Aroostook (Van Buren north) and York County with the exception of Sanford and coastal towns. Consultation to local nursing agencies, home health agencies, and school nurses to assist them in carrying out restorative health services programs sponsored or administered by the Bureau of Health.

Training and education to family members in home care and health maintenance after discharge from an in-patient facility.

Public Health Nurses can put you in touch with the nearest Home Health Agency.

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Public Health Nurses are located in regional Health & Welfare offices. Telephone numbers are listed under "Maine, State of, Public Health Nursing".

Homemaker services may be requested by contacting the Homemaker services agency in your community. They are:

Auburn	Androscoggin Home Health Services	784-9307
Bangor	Visiting Homemaker Services	947-0366
Bridgton	York County Homemaker Services	282-3373
Calais	Washington County Homemaker Services	454-2382
Caribou	Diocesan Human Relations Services	498-2577
Portland	Holy Innocents Child Home Care Center	773-2977
Rockland	Homemaker Services	(800) 432-7802
Waterville	Kennebec-Somerset Home Aid Services	873-1146

Massachusetts

The Visiting Nurse Association (V.N.A.) provides the following within the home setting:

- Skilled nursing services
- Physical therapy
- Occupational therapy
- Home health aide homemaker services

An individual may refer him/herself to the V.N.A. with a written treatment order from an M.D. Services are available seven (7) days a week as needed. The \$22.00 per visit cost is generally assumed by Medicaid/Medicare or by private insurance companies. It is important to note that a person receiving V.N.A. services through Medicaid/Medicare must continue to make progress in order to warrant continued financial support of these services.

Offices	Tel. No.	Offices	Tel. No.
Barnstable	878-1141	Boston	742-0900
Andover	475-1821	Braintree	843-0947
Beverly	927-2615	Bridgewater	697-4368

Offices	Tel. No.	Offices	Tel. No.
Brockton	587-2121	Medford	395-4685
Cambridge	547-2620	Milford	473-0862
Chatham	945-2869	Milton	698-4888
Chicopee	594-4702	Monson	267-9731
Danvers	774-1042	Natick	653-3081
Dedham	326-0381	Needham	444-0850
Easthampton	527-4303	Newton-Wellesley	244-4880
Fitchburg	342-4632	North Adams	663-9630
Gardner	632-1230	Northampton	584-1060
Greenfield	772-6969	Norwell	659-2342
Great Barrington	528-0130	Norwood	762-1240
Hamilton & Wenham	468-3123	Palmer	283-6881
Hanover	826-4971	Peabody	532-1780
Hanson	293-6341	Pittsfield	445-4594
Hatfield	247-5916	Quincy	472-2828
Haverhill	374-7473	Reading, Stoneham, Wakefield & Woburn	944-7550
Holbrook	767-3030	Rockland	878-0095
Holyoke	532-9461	Somerville	623-3480
Hyannis	771-3606	Springfield	732-4145
Lee	243-2100	Taunton	822-1447
Lenox	637-0183	Walpole	668-1066
Leominster	537-2322	Waltham	893-1405
Lowell	459-9343	Weston	899-2964
Lynn	598-2454	Weymouth	335-6428
Marblehead	631-1200	Whitman	447-4742
Marion	748-1020	Williamsburg	268-7602
Marlboro	485-8200	Williamstown	458-8042
Medfield (Dover, Medfield & Norfolk)	359-8505	Worcester	756-7176

Further information may be obtained from:

Visiting Nurse Association Central Office
14 Somerset Street
Boston, Massachusetts
Tel. 742-0900

Home Health Aide & Homemaker Services

55 agencies throughout Massachusetts provide home health aide and/or homemaker services within the home setting. The average cost of \$4.00/hour plus transportation costs is generally assumed by Medicaid/Medicare or by private insurance companies. Because of the working characteristics of homemaker-home health aide services, blocks of 4 hours or more on a given day are expected. Exceptions can, however, be considered on an individual basis. Services are available from 8:00-4:00 P.M.

Beverly	North Shore Community Action Program	922-5800
Boston	Family Services Assn. of Greater Boston	523-6400
	Jewish Family and Children's Homemaker Serv.	227-6641
	Women's Educational & Industrial Homemaker Department	536-8210
	Urban Homemaker-Home Health Aide Service	427-4470
	Visiting Nurse Association of Boston	742-0900
	Labour Center	268-9670

	Medical Personnel Pool	742-7490
	Ralph M. Peace Associates	727-1420
Brockton	Greater Brockton Homemaker Service	588-6070
Brockline	Suburban Homemaker & Maternity Agency	232-7650
Cambridge	Homemakers, Inc.	661-1910
Concord	Concord Family Service Society	369-4090
	Homemaker-Home Health Aide Service	259-8556
Fall River	Homemaker-Home Health Aide Service	672-9841
Fitchburg	Homemaker-Home Health Aide Service	345-0361
Framingham	Suburban Homemaking & Maternity Agency, Inc.	879-1516
Gardner	Catholic Social Service	632-3988
Houchester	Homemaker-Home Health Agency of Greater Cape Ann	283-7874
Haverhill	Homemaker-Home Health Aide Service of Greater Haverhill	373-1141
Holyoke	Holyoke Visiting Nurse Association	533-2733
Hyannis	Cape Cod Homemaker-Home Health Aide Service	775-8181
	Home Care Services	771-5431
Greenfield	Franklin County Home Health Care, Inc.	774-2841
Lawrence	Lawrence General Hospital (Ext. 241)	682-7442
	Home Care Services	683-3137
Plymouth	Greater Brockton Homemaker Service	746-1884
Lowell	Family Service of Greater Lowell	459-9326
Malden	Intercity Homemaker Service	332-4256
New Bedford	St. Luke's Hospital	997-1515
Newton	Intercommunity Homemaker Service	332-5970
North Adams	North Adams Regional Hospital (Ext. 240)	663-3701
Northampton	Homemaker-Home Health Aide Service of Hampshire County	586-3886
Pittsfield	Independent Home Services	443-2348
Quincy	Homemaker Services for South Shore	773-1180
Southbridge	Catholic Charities	765-5936
	Harrington Hospital Home Care Dept. (Ext. 201)	764-2511
Springfield	Springfield Visiting Nurse	732-4145
	Child & Family Service of Springfield	737-1426
	Springfield Community Service Center	781-4350
	Homemakers, Inc. (Upjohn)	739-9654
	Home Care Services	737-5307
Swampscott	Homemaker-Home Health Aide Service of North Shore	599-1661
Taunton	Taunton Visiting Nurse Association	823-0722
Vineyard Haven	Martha's Vineyard Visiting Nurse Homemaker Service	693-1481
Walpole	Norfolk-Bristol Homemaker-Home Health Service	668-4680
Watertown	Home Care Services	926-2770
Winchester	North Metropolitan Homemaker Services	729-0505
Worcester	Catholic Charities Diocese of Worcester	791-7171
	Worcester Community Service Center (Ext. 283)	791-3621
	Family Service of Worcester	756-4646
	Jewish Family Service of Worcester	755-3101
	Home Care Services	735-2911
	Homemakers Upjohn	791-2323

Further information may be obtained from:

Mass. Council of Homemakers
Home Health Aide Services
34½ Beacon Street, Boston, Massachusetts

New Hampshire

20	Berlin	Berlin City Health Department	752-1277
	Bristol	Newfound Area Nursing Assn.	744-2733
	Charlestown	Fall Mountain Visiting Nurse Assn.	862-3323
	Claremont	Claremont Visiting Nurse Assn.	543-3793
	Chesterfield	Chesterfield Home Health Agency	363-4333
	Colebrook	Northern Coos Community Health Assn.	237-8083
	Concord	Concord Regional Visiting Nurse Assn.	224-4093
	Conway	Home Health Agency of N. H. Vaughn Community Health Service	356-3323 356-5973
	Derry	Derry Visiting Nurse Assn.	432-7773
	Dover	Dover District Nursing Assn.	742-7923
	Durham	Oyster River Home Health Agency	868-5053
	Enfield	Mascoma Area Health Agency	632-7233
	Exeter	Exeter Area Visiting Nurse Assn.	772-2983
	Farmington	Rural District Health Council	755-2983
	Franklin	Franklin Visiting Nurse Assn.	934-3453
	Gilsum	North Cheshire County Home Health Service	357-0963
	Gorham	Gorham District Nurse Assn.	466-3333
	Groveton	Groveton Public Health Nursing Service	636-1123
	Hampton	Seacoast Visiting Nurse Assn.	926-2063
	Hanover	Hanover Visiting Nurse Service	643-4123
	Hillsboro	Hillsboro Town Nurse	464-5423
	Hinsdale	Hinsdale Public Health Nursing Assn.	336-5693
	Hopkinton	Hopkinton Public Health Nurse Assn.	746-3213
	Keene	Keene Visiting Nurse Assn.	352-4303
	Laconia	Lakes Region Community Health Agency	524-8443
	Lancaster	Public Health Nursing Assn.	788-2363
	Lebanon	Lebanon Dept. of Public Health Nursing	448-1453
	Littleton	North Country Home Health Agency	444-5313
	Lyme	Lyme Home Health Agency	795-2663
	Manchester	Manchester Visiting Nurse Assn. City of Manchester Health Department	622-3783 625-6423
	Marlborough	Marlborough Community Visiting Nurse Assn.	876-4013
	Meredith	Meredith Public Health Nursing Assn.	279-6613
	Merrimack	Merrimack Valley Home Health Care Assn.	424-3823
	Milani	Milan Home Nursing Center	449-3463
	Milford	Souhegan Valley Community Nursing Assn.	673-3463
	Moultonborough	Moultonborough Visiting Nurse Assn. Service	476-2353
	Nashua	Good Cheer Society-Visiting Nurse Service Nashua Health Department	882-2943 883-0923
	New London	Kearsarge Visiting Nurse Assn.	526-4073
	Newport	Newport Area Home Health Assn.	863-1413
	Orford	Orford Community Health Service	353-4853
	Ossipee	Ossipee Nursing Service	539-4303
	Peterborough	Monadnock Community Visiting Nurse Assn.	924-3723
	Plymouth	Pemi-Baker Home Health Agency	536-2233
	Portsmouth	Portsmouth Community Health Services	436-0813
	Rochester	Rochester Visiting Nurse Assn.	332-1133
	Salem	Salem District Nursing Assn.	898-4733
	Somersworth	Tri-Area Visiting Nurse Assn.	692-2113
	Sunapee	Lake Sunapee Nursing Assn.	763-5773
	Tamworth	Tamworth Community Nurse Assn.	323-8513
	Tilton-Northfield	Tilton-Northfield Nursing Assn.	286-4243
	Troy	Troy Visiting Nurse Assn.	242-3093

Walpole	Walpole Visiting Nurse Assn.	756-9886
Weare	Weare Visiting Nurse Assn.	529-2641
Winchester	Winchester District Nursing Assn.	239-4352
Wolfeboro	P.H.N. Assn. of Wolfboro	569-2729

New Hampshire Homemaker Services

Carroll County	Carroll County Home & Health Care Services	356-3750
Strafford County	Strafford County Homemaker-Home Health	742-6257
Sullivan County	Sullivan County Homemaker Services	542-6422
Portsmouth Area	Homemaker-Home Health Aide Service	436-9059

Rhode Island

Home Care Association of Greater Providence has working relationships with six hospitals and serves 13 communities.

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Little Compton	Little Compton Public Health Nursing Assn.	635-2381
Pascoag	Northwest Community Nursing & Health Serv.	568-6296
Pawtucket	Visiting Nurse Service	723-1528
Providence	Home Care Assn. of Greater Providence	521-2633
	Homemaker-Home Health Aide Services	781-8520
	Metropolitan Nursing & Health Services	331-8842
	Visiting Nursing Sisters	861-9617
Newport	Visiting Nurse Service of Newport	849-2100
Wakefield	Community Homemaker Service	789-6265
	Washington County Public Health Nursing	789-0232
Warren	East Shore District Nursing Assn.	245-1500
Warwick	Home Health Agencies of R. I.	738-8280
West Warwick	Kent County Visiting Nurse Assn.	821-6900
Woonsocket	Visiting Nurse Service	769-5670

Vermont

Barre	Central Vermont Home Health Agency	476-3292
Bennington	Bennington Area Home Health Agency	442-5502
Brattleboro	Brattleboro Public Health Nursing Service	254-4628
Burlington	Visiting Nurse Assn.	658-1900
Chester	Ellsworth Nursing Service	875-3020
Dorset	Dorset Nursing Assn.	867-4409
Manchester Ctr.	Manchester Health Services	362-2126
Middlebury	Addison County Home Health Care Agency	388-7259
Morrisville	Lamoille Home Health Agency	888-4651
Newport	Orleans, Northern Essex Home Health Agency	334-7897
Randolph	Community Human Services Agency	728-5059
Rutland	Rutland Area Visiting Nurse Assn.	775-0568
Springfield	Springfield Reg. Visiting Nurse Assn.	885-3318
St. Albans	Franklin County Home Health Agency	524-6835
St. Johnsbury	Caledonia Home Health Care Agency	748-8116
Waterbury	Waterbury Public Health Assn.	244-7312
White River Junction	Community Health Services	295-7516
Woodstock	Woodstock Visiting Nurse & Public Health	457-1117

10. DENTAL CLINICS

The Academy of Dentistry for the Handicapped operates a referral system which provides names, when available, of local dentists who are willing and able to treat handicapped individuals. Information can be obtained by writing to:

Academy of Dentistry for the Handicapped
1240 East Main Street
Springfield, Ohio
(513) 323-0941

Maine

22 Bangor St. Joseph's Hospital Dental Clinic 942-7993
All dental services are provided through this clinic. Fees are based on a sliding scale depending on income with a \$2.00 basic fee. There is a waiting period of up to a year with the exception of emergency dental care.

Portland Maine Medical Center Dental Clinic 871-2284
All dental services are provided through this clinic. Fees are based on a sliding scale depending on income. There may be a waiting period of a few months for an appointment.

Vermont

Burlington Burlington Dental Clinic 862-7954
Services include cleaning, bridge work, dentures, fillings, and fluoride treatment for Burlington residents who are on welfare. Out of town patients are accepted on a fee basis.

Burlington Dental Hygiene Clinic 656-2587
Services: Oral examination, scaling and polishing of teeth, oral x-rays, dental health education. Anyone may use this clinic by appointment only. Fee \$5.00.

B. PSYCHOLOGICAL SUPPORTS AND SERVICES

Spinal cord injury, in addition to its obvious physical ramifications, can result in the most catastrophic coping situation of an individual's life. Depression, anger, confusion, self-doubt, anxiety and many other emotions may surface throughout the period of adjustment to a cord injury, and if left unresolved, may continue over a period of years.

In general, adequate psychological support for the spinal cord injured person is often not available. This lack of emotional support is perhaps due to many factors: (1) physical and environmental needs often overshadow psychological needs; (2) the disability can be so overwhelming that its corresponding feelings are not allowed to surface; and (3) many persons involved with spinal cord injury are uncomfortable, unwilling, and/or afraid to discuss openly what the injury means to them on a personal level.

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To follow are some general sources of counseling help available to all those who are affected by the impact of a spinal cord injury. Because the quality and availability of these helping sources can and do vary considerably, a prior word of caution is needed. Explore, demand, persist in finding this help. Unresolved emotional issues often resurface at later times and are manifested in counter-productive ways. Counseling provides a supportive, safe environment in which to remove masks, take risks, explore and test alternatives, and obtain objective feedback from another person—without the personal vulnerability and consequences of the outside "real" world.

1. Psychiatrists/Psychologists

With the exception of the Veterans Administration system, few psychiatrists and psychologists are available for continuing counseling support through channels like rehabilitation programs. They can, however, be obtained privately on a fee-for-service basis, with the cost usually ranging in the area of \$25-35 per one-hour session. If psychotherapy/counseling is needed as part of an individual's vocational rehabilitation program, the division of vocational rehabilitation will sometimes sponsor this service. If this is not possible, arrangements can sometimes be made with an individual therapist for graduated, extended payments. For referral information on psychiatrists and psychologists available in your area, contact your social worker, vocational rehabilitation counselor, family physician, or the appropriate Resource Coordinator of New England Spinal Cord Injury Foundation.

2. Clinical Social Workers

In addition to providing overall support in the areas of discharge planning, financial assistance, and community resources, many social workers, especially those in rehabilitation facilities, are willing and able to provide regular counseling support to spinal cord injured persons and, in some cases, to their families. Also, social workers sometimes work out of private or public mental health centers and are available for private, fee-for-service counseling.

3. Rehabilitation Counselors

Depending on individual skill levels, counselors from rehabilitation facilities, divisions of vocational rehabilitation, and colleges, can provide individual counseling support.

4. Clergy

Local priests, ministers and rabbis can provide the opportunity for individuals and family members to discuss issues of concern. Most will willingly visit persons in the hospital or at home.

5. Mental Health Clinics

Mental health clinics exist on both a public and private level and often have sliding scale fees based on one's ability (or inability) to pay. For information on these services in your area, call the State Department of Mental Health which can refer you to local clinics.

6. Groups

Counseling groups are run by many sources, including private, non-profit organizations, and generally focus upon the ability of group members to assist each other in working through personal issues. An example of this option is Greenhouse, 12 Essex Street, Cambridge, Massachusetts 02139, (Telephone: 492-0050) which periodically sponsors an intensive group experience on living with a physical handicap.

7. Caring Persons

Among all the previous sources, the presence of a caring person, skilled or not, can be the strongest, most effective support available in helping an individual realize and work out his feelings about his injury and himself. To utilize this resource, the following conditions must be present: (1) a willingness on both sides to explore and risk together; (2) an unconditional acceptance and understanding of one another; and (3) an ability to listen, reflect, feed back, and share what is communicated.

A final word about psychological resources — to any person who, because of a difficult and catastrophic set of circumstances, is hurting on a gut level: *search for and find a source of help and support*. Despite its ambiguity, pain, or potential risk, don't ignore a strong inner message to seek help. If a hundred phone-calls and contacts are required to overcome a hundred obstacles, persist. In the end, you need find only one caring, competent, and committed person with whom to share your feelings and to re-establish the process of feeling "O.K." and comfortable about who you are.

C. LEGAL RIGHTS AND ASSISTANCE

Spinal cord injured persons are entitled to the same constitutional rights as all other citizens of the United States. In addition, many Federal statutes support the legal rights of the physically disabled in areas of vocational rehabilitation, education, transportation, accessibility, medical services, tax exemptions, and social security benefits. Each state also has its own statutory extension of legal rights of the physically handicapped through a variety of laws. This chapter broadly identifies some of the major laws and rights which affect handicapped persons, as well as explores available sources of legal assistance.

1. FEDERAL LEGISLATION

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The United States Constitution guarantees the individual rights of speech, assembly, and equal protection under the law. This guarantee applies to handicapped and able-bodied persons alike and makes illegal discriminatory treatment based on a disabling condition. It is this principle that governs the legal protection you should expect and, when necessary, pursue if you are handicapped.

Because the majority of federal acts are outlined elsewhere in this directory, usually under the major category they apply to, they will not be repeated here. To assist in locating this information, however, the following is provided:

- Medicare: See Chapter on Financial Assistance
- Supplemental Security Income and Social Security Disability Insurance: See Chapter on Financial Assistance
- Tax exclusions and deductions: See Chapter on Taxes
- Education: See Chapter on Education
- Basic Education Opportunity Grants: See Chapter on Education
- Rehabilitation Act of 1973: See this Chapter, as well as chapters on Employment and Architectural Barriers

Employment-Vocational Rehabilitation

The Rehabilitation Act of 1973 reflects a federal position of support for the rights and needs of severely disabled persons. It mandates that persons deemed severely disabled be assigned top priority status in the provision of vocational rehabilitation services. It also mandates that large employers develop an active program of recruiting qualified handicapped persons and attempting to architecturally accommodate their needs. Persons wishing to obtain a copy of The Rehabilitation Act of 1973 may do so by contacting the Rehabilitation Services Administration (RSA) in Boston, Massachusetts (617) 223-6820. Although it is somewhat technical, it outlines several major areas of direct benefit to severely disabled people.

National Health Insurance

When legislated, a National Health Insurance plan will protect all Americans, including the severely disabled, against the staggering medical costs of a catastrophic illness or injury.

2. STATE LEGISLATION

Maine

Human Rights

In 1974, "physical handicap" was included as one of the conditions of life against which a person could not discriminate in housing, employment, or public accommodations.

Accessibility of Public Buildings

In 1967, the Maine Revised Statutes, Title 25, Part 7, Chapter 331, were amended to require that buildings constructed, in whole or in part with state funds, be accessible to physically handicapped persons. Further amendments in 1975 applied the construction standards to any structure specifically intended as a place where five persons or more will be employed or for public housing. Public housing was defined as "a minimum of 20 family units."

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The standards also apply to any reconstructed public buildings, if the cost of the reconstruction or remodeling exceeds \$100,000, and the reconstruction applies to the public sections of the building. As of July 1, 1976, all new and replaced curbs throughout the state must be ramped at the pedestrian crosswalks to provide access for all handicapped persons, including those in wheelchairs.

Transportation

Physically handicapped persons may apply to the Secretary of State, State House, Augusta, for a special license plate bearing the International Symbol of Accessibility. The physically handicapped person must be the registered owner of the vehicle, but it need not be a specially equipped vehicle. The special license plate will permit the person to park, free of charge, in public parking lots and at parking meters. It will also permit the handicapped person twice the amount of time in time-limited parking areas.

In order to obtain the plate, a person must provide proof of disability from a licensed physician. This proof will remain on permanent file with the Secretary of State, and will not need resubmission for future registration.

Voting

Each voting district must provide one accessible polling place for elderly and handicapped voters. In multi-district municipalities, this polling place must accommodate all elderly and handicapped voters, even though they might not reside in the district. Persons can also vote by absentee ballot. In single polling place towns, the alternate polling place is established by the town clerk. This could be in someone's home or garage; it could be in a store; but it must be accessible to all elderly and handicapped persons. In either instance, the Clerk of Elections or the town clerk must be informed ten (10) days prior to the date of the election. The law applies to all elections: local, state, and federal.

Massachusetts

Rights Handbook

Published in April 1974, the "Rights Handbook" provides information on educational and medical affairs, vocational training, income taxes, automobile taxes, and other special services. It is available free of charge from:

Voter Registration

Physically handicapped persons may vote in any election by absentee ballot, which must be notarized. Contact the Elections Commission of the town for procedures and deadlines. The League of Women Voters in many areas can usually assist with this process.

Nondiscrimination

Massachusetts law (Massachusetts General Laws Annotated Chapter 149, Section 24K) makes it illegal for an employer to refuse to hire or to fire any handicapped person solely because of his handicap. Any employer who discriminates in this way against any handicapped person is punishable by fine.

If you feel you have been discriminated against, contact the Massachusetts Department of Labor and Industry, 100 Cambridge Street, Boston, Massachusetts 02202, (617) 727-3461, your state bar association or a local legal assistance center.

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Access to Hospital Records

Under Chapter III, Section 70 of the Massachusetts General Laws, all hospitals or clinics licensed by the Department of Public Health or supported in whole or in part by the Commonwealth must keep records of the treatment and medical history of the patients under their care. These records may be inspected by the patient or his attorney as a matter of right. A copy of the records must be provided upon payment of a reasonable fee. A patient's records must be kept for 30 years after discharge or final treatment.

Accessibility and Use of Public Buildings

All physically handicapped persons have a right to enter and use, with a guarantee of safety, any building constructed by the Commonwealth of Massachusetts or by a state political organization. This applies to all buildings constructed with public funds that are open to the public, and pertains to buildings which were constructed, reconstructed, altered, or remodeled after February 6, 1968. Included are buildings of the Public Housing Authority, the Port Authority, the Parking Authority, the Massachusetts Turnpike Authority, building authorities of any public educational institutions. All physically handicapped people have the above rights regarding privately financed buildings which are open to and used by the public, and includes transportation terminals, institutional buildings, commercial buildings more than two stories in height or employing more than forty people, buildings with places of assembly for more than 150 people, public areas and funeral homes, rest rooms in shopping centers, hotels, motels and dormitories which are constructed, reconstructed, altered or remodeled after January 1, 1972.

Housing

No one can discriminate against or segregate a physically handicapped person with regard to state-aided, low-rent housing projects (Mass. Gen Laws Ann. Ch. 667 of the Acts of 1967, as amended by Chapter 812 of the Acts of 1970). The Department of Community Affairs has the responsibility of promulgating regulations for providing accessible housing. They are also

responsible for the development of guidelines regarding the selection criteria in state-aided elderly/handicapped housing. Handicapped persons and their families have the right to "priority in placement in no less than five percent of all dwelling units of projects or parts of projects constructed for elderly persons of low income, provided the construction of such a project is initiated after January 1, 1971."

Education

Persons eligible for a public school education may receive special transportation services when needed to insure attendance in school. This applies to both public and private school settings. If the student is under age 22, he is entitled to complete his public school education (if he has not already done so) in a regular classroom of a neighborhood school. Contact the local school committee or school department for specific information. (Chapter 766 of the Acts of 1972.)

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Recreation

Under Massachusetts General Laws Annotated Chapter 902 of the Acts of 1971, a handicapped person is permitted to enter a State Park in Massachusetts without paying a car fee. This person must be travelling in a car bearing HP plates. This permission only applies to the use of State Parks during the day and will not be granted for a person using the parks overnight. Presently, there are no other programs provided by the Division of Parks and Recreation in the Department of Natural Resources. Their number is 727-3180.

Automobile Plates

Handicapped people are exempt from parking time limits and parking meter fees if their cars have a special handicapped person's (HP) license plate. Handicapped persons with HP plates may also park their cars without penalty or fine anywhere along the streets of the Commonwealth. The only exceptions to this rule are double parking and parking in the wrong areas during snow removal. To be eligible for handicapped persons' plates, a person must: be the registered owner of the automobile to which the special plates are issued (The parent or guardian of a handicapped child may be entitled to handicapped plates if the car is registered in the name of the child.); and must be certified by a doctor that he or she has suffered the loss or permanent use of one or both feet, or one or both hands. To obtain HP plates, contact the office of the Registry of Motor Vehicles closest to your home. They will provide you with the proper forms. The annual fee for these special plates is \$6.00.

Vermont

Voting

Section 2 of Act No. 67

17 V.S.A. Section No. 148 PERMANENTLY DISABLED VOTES

A person who is permanently disabled, so that he is unable to utilize his assigned polling place without substantial difficulty; has similar difficulty in getting to a notary public as required by the absentee voter ballot provisions; and may be absent from his residence at such times as the justices of the peace might come to him; may file with the town clerk at least four days prior to first use, a statement signed and attested to by a medical doctor outlining the nature of the permanent disability. A voter who files this statement shall then be mailed an absentee voter ballot and an official return envelope.

by the town clerk and must return this ballot and envelope to the town clerk before the polls are closed. Effective: April 13, 1973.

Accessibility

Act 253 - Section 1. 18 V.S.A. 1305 as amended:

A person shall not construct or permit construction of a building to be used by the public if the state, county, or municipality is paying any part of the cost of its construction unless the building construction specifications at the time of construction are equal to the American Standards Association specifications A117.1-1961, entitled "Making Buildings and Facilities Accessible to, And Usable by, The Physically Handicapped". The state board of education shall enforce this section when school funds are used; the department of labor and industry when other public funds are used. However, if the state buildings director, after prior consultation with the Vermont governor's committee on employment of the handicapped, determines that any such building would not normally be used by handicapped persons, or that a specific standard would be prohibitively costly to implement, he may exempt a building, or portions of it from the requirements of this section.
Effective: 7/1/73, 7/1/74.

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Transportation

Parking and License Plates - 18 V.S.A. 1305a

Any parking lot on the premises of a public building as described in this section shall contain a reasonable number of free, designated parking spaces in an accessible location for use by physically handicapped people patronizing the building. A person who has permanently lost the use of one or both legs or because of a physical disability is unable to move without the aid of a mechanical device shall be allowed to park without fee for an unlimited period of time. This section shall not apply to zones in which the stopping, parking, or standing of all vehicles is prohibited or which are reserved for special types of vehicles. As a condition to this privilege, the vehicle shall display on the registration plate a distinguishing decal or metal tag which shall be issued for a vehicle registered to the disabled person, without additional fees, by the department of motor vehicles. Application is made to the department of motor vehicles by the town or city government within the state of Vermont where the disabled individual resides. The town or city clerk shall be responsible for determining whether or not the individual meets the disability criteria.

Employment

Section 1, 21 V.S.A. 498

It shall be an unlawful employment practice for any employer, employment agency or labor organization to unreasonably discriminate against any physically handicapped person with respect to any matter directly or indirectly related to his employment or labor organization membership. A physically handicapped person who has been unreasonably discriminated against, may at his election, bring a civil action for damages, or apply for such equitable relief as may be just and proper under the circumstances or both.

Recreation

Hunting from Cars: If a licensed hunter who is a paraplegic, or unable to walk without the assistance of a wheelchair or similar device, obtains a permit as provided by law and provides satisfactory medical proof of his disability,

he may take game from a vehicle or boat, but only if it is stationary and off a public highway. The permit remains in effect until twelve o'clock midnight on December 31 following the date of issuance. The holder of the permit shall carry it at all times while hunting, and shall produce it on demand for inspection by any game warden or other law enforcement officer authorized to make arrests.

3. LEGAL ASSISTANCE

For general legal assistance or referral to legal representation, contact the state bar associations and/or one of the legal assistance services listed below.

State Bar Associations

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Connecticut	15 Lewis Street, Hartford	(203) 249-9141
Maine	154 State Street, Augusta	(207) 622-7523
Massachusetts	1 Center Plaza, Boston	(800) 392-6164
New Hampshire	77 Market Street, Manchester	(603) 669-4869
Rhode Island	17 Exchange Street, Providence	(401) 421-5740
Vermont	Tavern Towers, Montpelier	(801) 223-2020

Legal Assistance Services

Connecticut

Bridgeport	Legal Aid, 815 Main Street	334-9454
Danbury	Legal Service, Inc., 177 Main Street	743-2374
Hartford	Legal Aid Society, 550 Main Street	566-6360
New Haven	Legal Aid Bureau, 169 Church Street	562-0151
	Legal Assistance Assn., 169 Church Street	772-3340
	Legal Assistance Assn., 265 Church Street	777-7601
	Neighborhood Law Office, 413 Howard Avenue	787-2153
	Neighborhood Law Office, 184 Dixwell Avenue	772-1873
Stamford	Legal Services, Inc., 342 Atlantic	348-9216
Waterbury	Waterbury Legal Aid, 61 Field Street	756-8074

Maine

Pine Tree Legal Assistance provides legal services and advice for civil cases which are not fee-generating (e.g. problems with welfare, housing problems, and problems related to the purchase of goods or services).

Eligibility: Maine residents involved with a civil case and who meet income guidelines.

Fee: Based on individual's ability to pay.

Offices:

154 State Street, Presque Isle, Maine	61 Main Street, Bangor, Maine
173 Main Street, Calais, Maine	178 Middle St., Portland, Maine
Oxford Street, Augusta, Maine	163 Lisbon St., Lewiston, Maine

Massachusetts

Boston Legal Assistance Project, 84 State St., Boston 02109	(617) 742-8930
Cambridge & Somerville Legal Services	
Cambridge Legal Services, 380 Green St., Cambridge 02139	(617) 492-5520
Somerville Office, 188 Broadway, Somerville 02145	(617) 766-6704
Fitchburg, Leominster, Gardner, Athol, Winchendon, Westminster, Templeton, Royalston, Phillipston, Lunenburg, Ashburnham	
Northern Worcester County Legal Aid Society, 55 Main St., Fitchburg 01420	(617) 345-1946
Lowell, Billerica, Chelmsford, Dracut, Tewksbury, Dunstable, Tyngsboro	
Greater Lowell Legal Services, Inc., 45 Merrimack St., Lowell 01852	(617) 458-1465
Lynn	
Neighborhood Legal Services, Inc., 31 Exchange St., Lynn 01852	(617) 599-7703
New Bedford, Dartmouth, Fairhaven, Acushnet	
Onboard Legal Services, Inc., 18 South Water St., New Bedford 02740	(617) 999-8576
Revere and Chelsea	
North Suffolk Legal Assistance Association, 317 Broadway, Revere 02151	(617) 289-4427
Hampshire, Hampden, Franklin & Berkshire County	
Western Massachusetts Legal Services, Inc.	
Springfield Office, 11 Eastern Ave., Springfield 01109	(413) 781-7814
Pittsfield Office, 33 Pearl St., Pittsfield 01201	(413) 499-1950
Holyoke Office, 193 Main St., Holyoke 01040	(413) 536-2420
Greenfield Office, 3 Osgood St., Greenfield 01301	(413) 774-3747
Worcester	
Worcester County Legal Services, 306 Main St., Worcester 01608	(617) 752-3718

New Hampshire

American Civil Liberties Union, 3 Pleasant Street, Concord 03301	225-3080
New Hampshire Legal Assistance, 88 Andover Street, Manchester	668-2400

Rhode Island

Legal Aid Society of Rhode Island, 76 Dorrance St., Providence 02903	331-4665
344 Broadway, Newport 02840	847-1862
Rhode Island Legal Services, Inc., 56 Pine St., Providence 02903	274-2652
24 School St., Newport 02840	846-2264
32 Goff Ave., Pawtucket 02860	724-7800
239 Main St., Woonsocket 02895	767-3850

Vermont

Vermont Legal Aid, Inc., Administrative Office, 150 Cherry St., P.O. Box 562, Burlington 05401	863-2871
Burlington District Office, 150 Cherry St., P.O. Box 562, Burlington 05401	863-2871
Waterbury District Office, P.O. Box 17, Waterbury 05676	244-8133
Montpelier District Office, 43 State Street-Box 658, Montpelier 05602	223-6377 229-0455
Rutland District Office, 51½ Merchants Row, P.O. Box 642, Rutland 05701	775-0021 775-1122
St. Albans District Office, 56 North Main St., Box 589, St. Albans 05478	524-6707
St. Johnsbury District Office, 56 Railroad St., St. Johnsbury 05819	748-8721
Spring District Office, 3 Summer St., Springfield 05156	885-5181

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National Legal Assistance Organizations

A. Milton Miller Memorial Found., Inc., 849 South Broadway, Eastern Columbia Bldg., Suite 208, Los Angeles, California 90014

National Center on Law and the Handicapped, 1235 North Eddy Street, South Bend, Indiana 46617

Western Disabled Law Resources Center, Room 182, Boalt Hall Law School, Berkeley, California 94704

Public Interest Law Center for the Philadelphia Bar Assoc., 1315 Walnut Street, 16 Floor, Philadelphia, Penn. 19107

D. TAXES

All employed Americans pay Federal Income Taxes unless their salaries fall below very minimal levels. Also, most states have their own income taxes. By properly analyzing financial resources and planning for all proper exclusions and deductions, spinal cord injured persons can maximize their spendable income. For more specific information, see Chapter 5 of the "Rights Handbook" published by the Massachusetts Easter Seal Society and/or contact an accountant, attorney or tax consultant.

1. FEDERAL INCOME TAX

Virtually any expense that helps a spinal cord injured person function better should qualify as a medical deduction. Payments should be claimed in the year that they were made, no matter when the bill was received. Deductions are also allowed for attendant persons and for attendant care services in certain cases. When filling out the forms, the handicapped person should:

- Keep records of deductible expenses and exemptions throughout the year in one place.
- Seek qualified help if unsure about any particular item.
- Contact the Internal Revenue Service, *Taxpayer Assistance and Information Department*. They provide both telephone and walk-in services for individuals requesting assistance.

2. STATE INCOME TAXES

Connecticut

Connecticut has no state income tax but does have a capital gains tax. This must be filed by all persons who have more than \$100.00 income. This tax is computed at 7% of the Federal income return.

Capital Gains Tax
92 Farmington Avenue
Hartford Tel. 566-5936

Maine

Maine state income tax is computed on a graduated scale of 1-6% based on the individual's Federal adjusted gross income. A spinal cord injured person has the same exemptions as he does on his Federal return.

Maine Income Tax Division
Augusta Tel. 289-3695

Massachusetts

The tax deductions available to handicapped people are related to the type of income that is taxed at 5% (wages, salaries, tips, certain pensions and annuities, interest over \$100 per taxpayer, profits from a business or profession, etc.). The individual should be sure to follow instructions that accompany the tax forms, as they may differ from the Federal Income Tax. He can claim deduc-

tions on his Federal return. The Income Tax Division offers year-round free advice in the Saltonstall State Office Building in Boston (727-4545) and in other regional offices.

New Hampshire

No state income tax.

Rhode Island

Income Tax Division
289 Promenade Street
Providence Tel. 277-2905

Rhode Island residents pay 17% of Federal liability.

Vermont

Income Tax Division
Pavillion Building
Montpelier Tel. 828-2509

A Vermont resident pays 27¼% of Federal income tax.

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3. OTHER TAXES

Veterans

A 100% disabled veteran may receive a free driver's license as long as he remains disabled. He may also be exempt from motor vehicle registration fees. An individual requiring hand controls or a specially equipped vehicle is generally entitled to sales and excise tax exemptions. Contact the Motor Vehicle Department or local city or town hall for specific information.

Maine property tax exemption

The State of Maine allows a property tax exemption for 100% disabled Veterans. The actual amount of exemption will vary depending on the ratio of taxation applied by the municipality in which you live. Check with your local town office to determine the amount of exemption in the town where your property is located. The individual must apply for property tax exemption before the first of April of the year in which taxes are due.

Automobile excise and sales tax exemptions

Massachusetts

Automobile excise tax

Handicapped persons are entitled to full rebate of the Massachusetts automobile excise tax. Pay the tax when the bill comes. Get the rebate form from the Assessment Office in your town. The first time a rebate request is filed, a doctor's certification is required; i.e., a letter stating the person's need for a special HP plate. After the first filing, the doctor's certification is no longer needed until the handicapped person moves to, and registers his car in, a different town.

Automobile sales tax

Any person who has lost or will never be able to use both legs or both arms or one leg and one arm does not have to pay automobile sales tax. For further information, call your closest Office of the Massachusetts Registry of Motor Vehicles.

Rhode Island
Motor Vehicle Department
State Office Building
Providence
Tel. 277-2206

Physically disabled persons are exempt from sales tax when purchasing an automobile. Medical certification of disability is required.

Connecticut, Maine, Vermont

Only disabled veterans (in some cases, only under specific circumstances) are exempt from both sales and excise tax payment. Further information can be obtained by contacting the Department of Motor Vehicles or the appropriate state taxation department.

E. FINANCIAL ASSISTANCE

1. FEDERAL PROGRAMS

The Federal Government now administers most major financial assistance programs.

Social Security Administration

The federally operated Social Security Administration is responsible for the programs of Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI) and Medicare.

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Social Security Disability Insurance (SSDI) is an insurance program for persons who have worked a specified number of quarters and, in doing so, have contributed to the social security fund. In order to qualify for SSDI, an individual must have a substantial disability which interferes with his or her capacity to work and which will extend over a period of twelve months or more. The monthly payment is determined by past work earnings and includes a payment allowance for each dependent.

Supplemental Security Income (SSI) is an income program based on need. Disabled persons of any age may qualify for SSI, provided their disability is found through medical evidence to be substantial. Monthly payment amount is determined by a standard formula which takes into account an individual's marital status, living situation, income from other sources, and so on. There are financial limitations established which can restrict SSI payment: for example, a person living alone may not have more than \$1500 in savings in order to receive monthly SSI support. In general, SSI recipients are automatically eligible for medical assistance under Medicaid.

Application Procedure — Application for SSI and/or SSDI may be initiated at any local social security office and will include the processing of a basic application form, a disability information form, and an itemized list of personal resources. SSI eligibility determination is usually completed within 6-8 weeks. SSDI eligibility, on the other hand, takes a much longer period, averaging between 6-12 months. To insure that the claim is being adequately processed, applicants of SSI/SSDI should check with their local social security office every few weeks.

Further information on SSI and SSDI can be obtained from:

SSI Information Center
2 Park Square
Boston, Massachusetts 02116
Tel. 482-2307 Toll-free 1-800-882-2019

Medicare — This broad medical program is available to SSDI recipients who have been disabled and have received SSDI payments for two years or more. Detailed information on the scope of its coverage can be obtained through the Social Security Administration.

Social Security Administration — District and Branch Offices

Connecticut

Ansonia 06401 307 Main Street 735-8674	Meriden 06450 71 Catlin Street 235-9208	Norwich 06360 1 Thames Plaza 886-1991
Bridgeport 06503 915 Lafayette Blvd. 366-7851	Middletown 06457 100 Riverview Center 347-8561	Stamford 26 Sixth Street 359-3190
Bristol 06010 59 No. Main Street 584-2716	New Britain 06051 100 Arch Street 229-4843	Torrington 06790 147 Litchfield St. 482-8541
Danbury 06810 8 West Street 748-3568	New Haven 06510 135 College Street 432-2160	Waterbury 14 Cottage Place 756-7475
East Hartford 244-3717	New London 06320 Union Plaza 443-8454	Willimantic 06226 54 North Street 423-6384
Hartford 06118 450 Main Street 244-3180	Norwalk 06854 20 N. Main Street 853-2511	

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Maine

Augusta 04330 40 Western Avenue 622-6171	Lewiston 04240 536 Lisbon Street 783-2288	Rockland 04841 239 Park Street 596-6633
Bangor 04401 Federal Building Harlow Street 942-8271	Portland 04101 151 Forrest Avenue 775-3131	Rumford 04276 32 Congress Street 364-3731
Biddeford 04005 56 Alfred Street 282-5955	Presque Isle 04769 364 Main Street 764-3771	Waterville 04901 15A College Ave. 872-2723

Massachusetts

Attleboro 02703 7 North Main Street 222-0273	Chelsea 02150 297 Broadway 884-2480	Haverhill 01830 367 Main Street 375-5619
Boston 02116 31 St. James Ave. Park Square Bldg. 223-7373	Fall River 02720 400 North Main St. 676-1981	Holyoke 01040 330 Appleton St. 534-7361
Brockton 02401 365 Westgate Drive 588-7835	Fitchburg 01420 154 Main Street 345-4183	Greenfield 01301 277 Main Street 773-7327
Cambridge 02138 625 Mt. Auburn St. 491-0700	Framingham 01701 49 Park Street 875-6191	Lawrence 01840 488 Essex Street 686-6171

Lowell 01852
21 Palmer Street
454-9151

Lynn 01901
140 Union Street
592-1606

Malden 02148
24 Exchange St.
321-2408

New Bedford 02740
749 Purchase St.
999-3101

Hyannis 02601
139 Falmouth Road
775-7501

Norwood 11052
17 Cottage Street
762-8510

Pittsfield 01201
20 Elm Street
445-4582

Quincy 02169
1431 Hancock St.
471-3507

Roxbury 02119
2414 Washington St.
442-8166

Dorchester 02122
1305 Dorchester Ave.
288-3900

Roslindale 02131
1 Belgrade Avenue
323-0850

Salem 01970
84 Highland Ave.
744-2366

Springfield 01103
145 State Street
781-2420

Taunton 02780
19 Court Street
823-5116

Waltham 02154
24 Crescent St.
894-4320

Worcester 01608
340 Main Street
791-2251

New Hampshire

Concord 03301
55 Pleasant Street
224-1938

Keene 03431
88 Dunbar Street
352-3487

Littleton 03561
194 Main Street
444-2945

Manchester 03104
149 Hanover Street
669-7011

Nashua 03060
P.O. Box 329
889-1171

Portsmouth 03801
80 Daniels Street
463-7720

Rhode Island

Newport 02840
Travers Building
849-3487

Pawtucket 02860
55 Broad Street
724-9610

Providence 02903
200 Dyer Street
528-4501

Warwick 02886
2500 Post Road
739-8410

Woonsocket 02895
Stadium Building
767-2100

Vermont

Burlington 05401
58 Pearl Street
P.O. Box 592
864-0304

Montpelier 05602
School Street
Box 338
223-3476

Rutland 05701
24 Evelyn Street
775-0893

Veteran's Administration and Veteran's Services

Disabled persons who are veterans may be eligible for benefits including hospitalization, medical treatment and drugs, educational programs, pensions, and other federal programs. In addition, a Veteran's Services Office is located in each city or town (usually in the City Hall) and, under extreme circumstances, is able to provide emergency financial assistance. Veteran's Administration offices can be contacted for information and application.

Veteran's Administration Services Offices

Connecticut 450 Main Street Hartford 06118 244-3740	Massachusetts 100 Cambridge St. Boston 02202 727-3578	Rhode Island Federal Building Providence 02903 528-4431
Maine Portland 06118 775-6391 Togus 04330 623-8411	New Hampshire 497 Silver Street Manchester 03103 624-4366	Vermont White River Junction 05001 (800) 622-4134

STATE PROGRAMS

With federal support, each New England state administers its own medical and financial assistance programs to eligible persons in need. Those which directly benefit disabled persons are:

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Medicaid provides medical payment coverage for hospitalization, treatment (e.g. doctor's visits, physical therapy, occupational therapy, drugs), home-maker-home health aide and visiting nurse services, transportation related to medical needs, and equipment (e.g. wheelchairs). Medicaid eligibility is generally available to disabled and/or low income persons.

Food Stamps are sold to individuals and families of limited income and provide financial assistance in purchasing food. Stamps are purchased in cash amounts less than their food-buying value (e.g. \$30 of stamps buys \$50 of food), and are sometimes given free to persons with no significant income.

Aid to Families with Dependent Children (AFDC) provides financial assistance to families when the child(ren) is deprived of a parent's support through disability or absence. To qualify for AFDC, a family must meet certain income and asset limitations.

State Office Locations — Application for any of these state assistance programs can be initiated by contacting:

Connecticut Social Services Department

Bridgeport 06603 434 State Street 384-1761	New Haven 06511 194 Bassett Street 787-6181	Stamford 06905 1642 Bedford St. 348-9245
Hartford 06106 110 Bartholomew Ave. 566-2530	Norwich 06360 279-Main Street 889-2351	Waterbury 06702 79 Linden Street 573-1211
Middletown 06457 Main Street Ext. 347-4411		

Maine Human Services

Augusta 04330
 Vickery Hill Bldg.
 11 Weston Street
 289-2851

Bangor 04401
 117 Broadway Street
 P.O. Box 762
 942-6301

Bath 04530
 55 Front Street
 443-5518

Calais 04619
 87 Main Street
 454-2131

Caribou 04736
 371 Main Street
 493-3361

Ellsworth 04605
 415 Water Street
 (800) 432-7823

Fort Kent 04743
 38 Pleasant St.
 834-3934

Houlton 04730
 5 Mechanic Street
 (800) 432-7338

Lewiston 04240
 179 Lisbon Street
 783-9151

Machias 04654
 26 Main Street
 255-3366

Portland 04101
 509 Forest Avenue
 774-4581

Rockland 04841
 1 Park Drive
 594-8474

Rumford 04276
 104 Congress St.
 364-7884

Skowhegan 04976
 78 Madison Ave.
 474-5551

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Massachusetts Welfare Service Offices

Adams 01220
 38 Hoosac Street
 743-5300

Amesbury 01913
 194 Main Street
 388-2863

Arlington 02174
 670 Mass. Avenue
 646-7240

Athol 01331
 Memorial Building
 Room 22
 249-3567

Attleboro 02703
 15 Railroad Ave.
 226-0293

Barnstable
 269 Barnstable Rd.
 P.O. Box 57, Hyannis
 771-1201

Beverly 01915
 303 Cabot Street
 927-6616

Billerica 01862
 67 High Street
 No. Billerica 01862
 663-2117

Boston

Back Bay Inner
 20 Church St.
 542-4850

Back Bay Outer
 1491 Tremont St.
 442-8506

Brighton-Allston
 1491 Tremont St.
 442-8506

Charlestown
 73 High Street
 242-2150

Columbia Point
 320 Mt. Vernon St.
 Dorchester
 288-1612

Dorchester
 1231 Adams Street
 298-5691

East Boston
 154 Maverick St.
 567-6140

Hyde Park
 26 Cummins Highway
 325-4100

Boston (cont.)

Jamaica Plain
 406 So. Hunting-
 ton Ave.
 522-2010
 123 Morton St.
 524-1400

Mattapan
 1231 Adams St.
 Dorchester
 296-6600

North End - West
 End
 154 Maverick St.
 567-6140

Roslindale
 26 Cummins High
 325-4100

Roxbury
 515 Blue Hill Ave.
 442-1811
 1491 Tremont St.
 442-8506
 304 Martin Luther
 King Jr. Blvd.
 445-7840
 2996 Washington
 445-5710

South Boston 198 D. Street, Boston 268-8740 20 West Howell St. 282-0010	Everett 02149 City Hall, Rm. 1 389-6931	Hopedale Temporarily in Milford 473-7220
South End 20 Church Street, Boston 542-4850	Fairhaven 02719 121 Scoticut Neck Rd. 997-7801	Hudson 01749 34A Pope Street 562-2842
Bourne 02532 Town Hall Buzzards Bay 759-7596	Fall River 02721 66 Troy Street 679-1981	Lawrence 01840 301 Essex Street 686-9441
Boylston Municipal Bldg. Main Street Morningdale 869-2841	Falmouth 02540 344 Gifford Street 548-8222	Leicester 01524 3 Warren Avenue 895-5011
Brockton 02401 75 Commercial St. 588-3902	Fitchburg 01420 76 Summer Street 345-2181	Leominster 01453 29 Main Street 537-4712
Brookline 02146 320 Washington St. 731-1500	Framingham 01701 354A Waverly St. Suite 1 879-4200	Lowell 01852 100 Merrimack St. 454-8061
Cambridge 02139 57 Inman Street 661-9390	Gardner 01440 82 Main Street 632-0358	Lynn 01902 1 Washington Square 599-0700
Chelmsford 01824 Town Hall, Rm. 21 256-2731	Georgetown 01830 48 Central Street 352-2832	Malden 02148 104-132 Exchange St. 321-3800
Chelsea 02150 300 Broadway 884-7300	Gloucester 01930 City Hall 283-2268	Marlboro 01752 City Hall, Rm. 1 481-4726
Chicopee 01014 5 Meadow Street 536-7820	Grafton 01519 Central Square P.O. Box 92 839-4761	Marshfield 02050 937 Webster Street 837-5161
Clinton 01510 145 Church Street 365-7316	Great Barrington 01230 Maple Avenue 528-2200	Medford 02155 64 Salem Street 391-5750
Concord 01742 747 Main Street 369-1290	Greenfield 01301 31 Federal Street 774-2721	Medway 02053 89 Main Street 533-6647
Dedham 02026 Town Office Bldg. Bryant Street 329-1030	Haverhill 01830 42 Primrose Street 373-1935	Melrose 02176 505 Main Street 665-8950
Dracut 01826 482 Aiken Street 458-8739	Hingham 02043 Town Office Bldg. 7 East Street 749-2280	Methuen 01844 105 Haverhill St. 686-3883
	Holyoke 01040 383 Dwight Street 536-2550	Nantucket 02554 Brush Road 228-0470

Natick 01760
Clark's Block, Rm. 4
Main St. at Central
653-9272

New Bedford 02740
533 Mill Street
997-1561

Newburyport 01950
City Hall
462-6639

Newton
320 Washington St.
Brookline 02146
731-1500

North Andover 01845
168 Pleasant St.
682-8237

No. Brookfield 01535
Town Hall
185 Main Street
867-6727

Northampton 01060
355 Bridge Street
586-3600

Northbridge
13 Douglas Street
Whitinsville 01588
234-8756

Norwood 02062
10 Cottage Street
762-6300

Oak Bluffs 02557
Douglas Way
693-0210

Orleans 02653
Hilltop Plaza,
Box 1045
Route 6-A
255-4403

Palmer 01069
512-518 No. Main St.
283-9757
Toll free from
Springfield
(800) 566-8081

Peabody 01960
City Hall Annex
531-3280

Pittsfield 01201
46 Summer Street
499-3250

Plymouth 02363
88 Sandwich St.
746-5180

Quincy 02169
23-25 School St.
479-6868
1381 Hancock St.
472-2657
26 High School Ave.
479-2083

Randolph 02368
1 Turner Lane
963-8210

Reading 01867
52 Sanborn Street
944-7050

Revere 02151
85 Broadway
289-4400

Rockland 02370
346 Market St. Rear
878-1899

Rutland 01543
425 Main Street
886-4353

Salem 01970
209 Essex St.
745-8350

Shrewsbury 01545
100 Maple Avenue
845-5891

Somerville 02144
1 Davis Square
666-4910

Southbridge 01550
399 Main Street
764-4351

Spencer 01562
Main St.
P.O. Box 186
885-4818

Springfield 01109
834 State Street
781-7670

Taunton 02780
51 Broadway
823-2571

Templeton 01468
P.O. Box 297
939-8975

Tewksbury 01876
Town Hall
851-2382

Wakefield 01880
7 Lincoln Street
245-2603

Waltham 02154
22 Church Street
893-0146

Wareham 02571
2510 Cranberry Hwy
295-0138

Watertown 02172
Administration Bld
926-9620

West Brookfield
01585
11 No. Main St.
867-6424

West Springfield
01089
115 Elm Street
788-4588

Westfield 01085
55 Broad Street
568-8915

Westford 01886
Town Hall,
Main St.
P.O. Box 21
692-2937

Weymouth 02189
1431 Pleasant St.
E. Weymouth
335-6000

Wilmington 01887
221 Lowell St.
658-2211

Winthrop 02152
Town Hall
846-3060

Woburn 01801
4 Federal St.
935-5065

Worcester 01608
9 Norwich Street
791-3621

**New Hampshire Department of Health and Welfare
District Offices**

Belknap County — 51 Church Street, Laconia 03246	524-4485
Carroll County — Route 16, No. Conway 03860	356-5401
Cheshire County — 114 Main Street, Keene 03431	357-3510
Coos County — 227 Main Street, Berlin 03570	752-7800
Grafton County — 45 Central Street, Woodsville 03785	747-3680
Hillsborough County — 66 Lake Avenue, Manchester 03101	668-2330
for Nashua area — 223 Main Street, rear, Nashua 03060	883-7726
Merrimack County — 10 Pleasant St. Ext., Concord 03301	224-9971
Rockingham County — 600 State Street, Portsmouth 03801	431-6180
Strafford County — 4 Plaza Drive, Dover 03820	749-2210
Sullivan County — 137 Broad Street, Claremont 03743	542-9544

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Rhode Island Public Services Department

Barrington 02806 Town Hall 245-3103	Exeter 02822 Victory Highway 294-2433	Narragansett 02882 25 Fifth Avenue 783-2538
Bristol 02809 400 Hope Street 253-3970	Foster 02825 Plainfield Pike 397-5457	Newport 02840 Elm Street 849-6000
Central Falls 02863 580 Broad Street 728-2500	Glocester 568-2400	No. Providence 02911 2226 Mineral Springs Ave. 231-2600
Charlestown 02813 Hoxie Ave. RFD, Bradford 322-7272	Hopkinton 02833 Brook Drive, Hope Valley 539-7537	Pawtucket 02860 1 Summer Street 728-2000
Coventry 02816 624 Washington St. 828-2440	Jamestown 02835 Calvert Place 423-1531	Providence 02919 111 Fountain St. 272-2000
Cranston 804 Dyer Ave. 943-3000	Johnston 02919 1385 Hartford Ave. 861-6180	Scituate Rockland Avenue No. Scituate 647-3706
Cumberland 02864 6 Davis Street 722-2880	Lincoln 02865 Town Hall 728-7000 Ext. 15	Smithfield 64 Farnum Pike Esmond 231-6603
E. Greenwich 02818 56 Church St. 884-7250	Little Compton 02837 635-8961	So. Kingston 66 High St. Wakefield 783-7033
E. Providence 02914 75 James Street 434-3030	Middletown 02840 Town Hall 847-0009	

Warren 02885
28 Market St.
245-7387

Westerly 02891
Union Street
596-2081

W. Warwick
152 Washington St.
828-0500

Warwick 02889
1515 West Shore Rd.
739-9530

W. Greenwich
Mishnock Rd., RFD 3
397-7213

Woonsocket 02895
171 Front Street
769-3500

Vermont Department of Social Welfare Offices

Barre 05641
107 No. Main St.
479-2581

Morrisville 05661
Harrell Street
Health Ctr. Bldg.
888-4206

St. Johnsbury 05819
42 Eastern Ave.
748-3148

Bennington 05201
203 North Street
442-8541

Newport 05855
20 Main Street
334-6504

Springfield 05156
197 Union Street
885-5791

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Brattleboro 05301
4 Park Place
254-8751

Rutland 05701
9 Merchants Road
775-5594

Vergennes 05491
97 MacDonough St.
388-4011

Burlington 05401
39-43 Pearl Street
864-0251

St. Albans 05478
30 Lower Welden St.
524-9531

White River Junction 05001
Holiday Drive
295-3063

Montpelier 05602
87 Main Street
828-3421

Catastrophic Illness (Maine and Rhode Island only) medically covers and protects state residents against the staggering medical costs of a catastrophic illness or accident. Eligibility requirements and specific coverage information are available from:

Maine refer to Human Services Offices

Rhode Island Catastrophic Health Insurance Program (CHIP)
40 Fountain Street
Providence, R.I.
(401) 272-2447

Workman's Compensation, another state regulated program, provides to employees injured on the job health care, weekly income payments, and rehabilitation services. Financial support and coverage by workman's compensation is in conjunction with insurance company support and coverage and is ordinarily much more substantial than are other state supported financial programs. To be eligible, an employee must work for an organization with workman's compensation coverage — each company contracts with its own insurance company and as a result individual benefits can vary. Further information may be obtained through:

Connecticut

Workman's Compensation Commission, 99 Pratt St., Hartford 522-3758

Maine

Industrial Accident Commission, Capitol Shopping Center, Augusta 289-3751

Massachusetts

Industrial Accident Board Information, 100 Cambridge St., Boston 727-3407

New Hampshire

Workman's Compensation Commission, 1 Pillsbury St., Concord 271-3174

Rhode Island

Workman's Compensation Commission, 25 Canal St., Providence 421-9715

45**Vermont**

Workman's Compensation, Montpelier 05602 828-2286

3. PRIVATE INSURERS

For those persons covered through private insurance companies (e.g. Blue Cross/Blue Shield; Liberty Mutual, Aetna, etc.), most medical expenses are paid for with coverage not affected by personal income.

F. ASSISTIVE ORGANIZATIONS

The following assistive organizations encompass a wide range of goals, objectives, programs, services, and interests concerned with spinal cord injury. These organizations range from those of an international nature to local agencies which serve a small number of disabled persons.

1. INTERNATIONAL

ICTA Information Center

FACK
S-161 03 Bromma No. 3
Sweden

- 46 ICTA is an international committee (Committee on Technical Aids, Housing and Transportation), the task of which is to collect information on technical aids and environmental problems for disabled persons and then to inform them about their findings. The aim of ICTA is to improve the technical information services and to make aware, both to professional workers and to laymen, the needs of the disabled.

Looseleaf guides, periodically printed in English, French, German and Spanish are distributed annually. The information sheets are organized into sections on Activities of Daily Living, tools, home and community planning, locomotion and therapeutic aids. The yearly subscription cost to ICTA is \$5.00.

International Medical Society of Paraplegia

National Spinal Injuries Centre
Stoke Mandeville Hospital
Aylesbury, Bucks, England

The International Medical Society of Paraplegia publishes a quarterly journal entitled *Paraplegia* and conducts annual scientific programs.

2. NATIONAL

American Coalition of Citizens with Disabilities

1224 Dupont Circle Building
Washington, D.C. 20036
(202) 833-3320 or (301) 261-6344

This is a private, non-profit corporation whose purpose is to promote the social well-being of and to assure the full exercise of the constitutional rights of citizens with disabilities. Active members are non-profit consumer organizations.

The National Paraplegia Foundation (NPF)

333 North Michigan Avenue
Chicago, Illinois 60601
(312) 346-4779

The National Paraplegia Foundation was organized in 1948 for the benefit of all Americans who have become paraplegic or quadriplegic from injury or disease of the spinal cord. The Foundation has three basic goals:

- To bring about the best possible medical care and treatment for paraplegics

- To stimulate relevant research, especially basic medical research, toward a cure for paraplegia,
- To help individuals who are paraplegics achieve their own goals.

NPF is actively involved at the local, state, and national level through such activities as chapter meetings, professional conferences, publication and distribution of literature, information and referral, promotion of government programs, and an annual national conference. All interested persons are urged to join NPF and receive its monthly newsletter "Paraplegia Life".

National Rehabilitation Association

1522 K Street, N.W.
Washington, D.C. 20005
(202) 659-2430

The National Rehabilitation Association is an organization of professional and lay persons dedicated to the rehabilitation of all physically and mentally handicapped persons. Founded in 1925, the Association strives to increase opportunities for handicapped persons to become self-sufficient, self-supporting, and contributing members of the community.

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National Rehabilitation Counseling Association

1522 K Street, N.W.
Washington, D.C. 20005
(202) 296-6080

The National Rehabilitation Counseling Association is a private organization founded in 1958 with the objectives of (1) developing professional standards for rehabilitation counseling, (2) promoting professional training for rehabilitation counseling, (3) supporting rehabilitation counseling as it contributes to the interdisciplinary approach to the solution of problems in rehabilitation, and (4) fostering research to advance knowledge and skill in rehabilitation counseling.

National Wheelchair Athletic Association

40-24 62nd Street
Woodside, New York 11377
(212) 424-2929

The National Wheelchair Athletic Association is an association administered by and under the jurisdiction of the National Wheelchair Athletic Committee. Membership is open to any competitor, supporter, and/or organizer in wheelchair sports. The purposes of the association are to: (1) Formulate and maintain rules governing wheelchair athletics. (2) Record and publish all rule changes. (3) Record and maintain wheelchair athletic records and rules on claims for new records. (4) Be responsible for the selection of sites for National Championship meets. (5) Sanction official regional meets.

The President's Committee on Employment of the Handicapped

Washington, D.C. 20210
(202) 961-3401

This committee conducts national education and information programs designed to eliminate physical and psychological barriers, further educational training, rehabilitation and employment opportunities, and to create community acceptance of the disabled. It also provides leadership and technical support to volunteer Governors' Committees on Employment of the Handicapped in all states.

Paralyzed Veterans of America, Inc. (PVA)

7315 Wisconsin Avenue
Washington, D.C. 20014
(202) 652-3464

The Paralyzed Veterans of America, chartered by United States Congress, is an organization of veterans who have served honorably in the armed forces and who have, through service or non-service connected causes incurred a spinal cord injury or disease. The organization is non-profit, non-sectarian, and interracial. It is concerned with the welfare of non-veteran paraplegics as well as veterans.

3. REGIONAL

New England Chapter of the Paralyzed Veterans of America (NEPVA)

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West Roxbury Veterans Administration Hospital
VFW Parkway
West Roxbury, Massachusetts 02132

The NEPVA is one of about 30 chapters of the Paralyzed Veterans of America serving the New England area. The NEPVA, as part of the PVA, serves its members by: (1) assisting members in obtaining full V.A. benefits, (2) promoting programs within the V.A., especially the Spinal Cord Injury Service at the V.A. Hospital in West Roxbury, Massachusetts; (3) promoting legislation at both the national and local levels which will be of importance to the paraplegic veteran and civilian alike.

New England Spinal Cord Injury Foundation (Spinal Injury Foundation)

369 Elliot Street
Newton Upper Falls, Massachusetts 02164
(617) 964-0521

The Spinal Injury Foundation is a non-profit, voluntary health agency with a central goal of developing a comprehensive system of quality care for spinal cord injured persons in New England. This effort is based on the principle of utilizing and improving resources in the most effective manner possible.

Based upon the goal of developing a comprehensive system of quality care, treatment, and rehabilitation, the Spinal Injury Foundation's program activities are:

- Maintaining and utilizing a Registry of the incidence and prevalence of traumatic spinal cord injury in New England.
- Documenting existing resources and periodic publications of comprehensive directories.
- Developing, distributing and up-dating of standards and criteria of care for persons with traumatic spinal cord injury.
- Providing information and referral services to spinal cord injured persons and their families, as well as to professionals, by maintaining a library and clearing house operation.
- Producing professional education programs that are designed to improve the care, treatment and rehabilitation of persons with spinal cord injury.
- Preventing traumatic spinal cord injury by keying publication information programs to the means of avoiding these crippling injuries.
- Monitoring the development of a comprehensive system of quality care.
- Coordinating efforts at improved services at the local level by employing resource coordinators in each state who have the mobility, skill and visibility to match resources with persons in need.

Offices are located in Maine, Massachusetts, New Hampshire and Vermont.

STATE

Connecticut

The Easter Seal Society for Crippled Children and Adults

The purpose of this organization is to develop programs throughout the state to meet the medical, social, educational and vocational needs of the handicapped where these services are not otherwise available. Its services include seven local chapter rehabilitation centers. The Society is the parent organization of these affiliated and independently incorporated chapters which operate out-patient rehabilitation centers. These facilities provide occupational, physical and speech therapy, pre-vocational evaluations, and sheltered workshop training and employment. Since all centers do not provide all of these services, information regarding the specific services available may be obtained from the Society itself. State headquarters services include year-round state-wide recreation programs for the handicapped as well as equipment loan services.

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Local Chapters:

The Hartford Easter Seal Rehabilitation Center, Inc. 80 Coventry Street, Hartford 06112	243-2511
The Rehabilitation Center of Eastern Fairfield County, Inc. 226 Mill Hill Avenue, Bridgeport 06610	366-7551
The Easter Seal-Goodwill Industries Rehabilitation Center, Inc. 20 Brookside Avenue, New Haven 06515	389-4561
The Central Connecticut Easter Seal Rehabilitation Center, Inc. 181 Cook Avenue, Meriden 06450	237-7835
The Easter Seal Rehabilitation Center of Southeastern Connecticut, Inc. 216 Norwich-New London Turnpike, Uncasville 06382	848-9264
The Easter Seal Rehabilitation Center of Southwestern Connecticut, Inc. 26 Palmer's Hill Road, Stamford 06902	325-1544
The Easter Seal Rehabilitation Center of Greater Waterbury, Inc. 22 Tompkins Street, Waterbury 06708	754-5141

Maine

Maine Paraplegia Association and Wheelchair Confined, Inc.

56 Pennell Street
Westbrook 04092

The Maine Paraplegia Association meets every two months in the Central Maine area. This organization provides information about services, activities, and available resources to the paraplegic; promotes public concern regarding the needs of the wheelchair confined; and provides an atmosphere for friendship and social activities for members.

Maine Rehabilitation Association

Architectural Barriers Committee
c/o Patricia Curran
Box 86
Orrington 04474

This committee meets quarterly in the Bangor or Augusta area. Its purpose is to acquaint members with existing laws and proposed legislation dealing with access to public buildings and facilities; to promote public awareness of existing architectural barriers; and to advocate for individuals facing employment, recreation, transportation, housing or shopping difficulties because of architectural barriers.

New England Spinal Cord Injury Foundation

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c/o Bureau of Rehabilitation
509 Forest Avenue
Portland 04101
(207) 775-6507

For further information, see New England Spinal Cord Injury Foundation listed under Assistive Organizations, Regional, New England.

Pine Tree Society for Crippled Children and Adults

84 Front Street
Bath 04530
443-3341

Services include: information and referral services; summer camping for orthopedically disabled children; post stroke resocialization (Portland and Bangor area); and speech and hearing centers.

Southern Maine Association for Handicapped Persons

c/o Mr. Herb Merrill
44 Buckman Road
Falmouth 04108

The Southern Maine Association meets in the Portland area and its membership consists of handicapped and non-handicapped individuals. The Association works with Federal, State, and local agencies, legislators, businessmen and civic and religious organizations toward removing barriers which prevent handicapped individuals from using public buildings, transportation, housing, vocational and educational services. This organization meets the 3rd Thursday of every month. A monthly newsletter is published and mailed to members. Dues are \$2.00 per year.

Massachusetts

Easter Seal Society for Crippled Children and Adults

State Headquarters
37 Harvard Street
Worcester 01608
757-2756

Utilizing a philosophy of "Pioneer and Demonstration", the Society has been and continues to be involved in programs designed to meet the needs of the physically disabled. Areas of concern are recreation, accessibility, legal rights, transportation, and housing.

Regional Offices

14 Somerset Street, Boston 02108	Tel. 227-9605
26 Chestnut Street, Andover 01810	Tel. 475-1477
856 Church Street, New Bedford 02745	Tel. 998-3536
145 State Street, Springfield 01103	Tel. 732-2548
30 Highland Street, Worcester 01608	Tel. 757-2891

Speakers bureau and information and referral services are available at each regional office.

Massachusetts Association of Paraplegics (MAP)

P.O. Box 48
Bedford 01730

This association was formed in 1964 by a group of paraplegics who were concerned about the needs of spinal cord injured persons in Massachusetts. The organization has grown to a membership of over 600 disabled and 200 non-disabled, and now represents all types of physical disabilities.

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Much of the work of MAP is done by committees concerned with areas such as architectural barriers, housing, employment, education, and legislation. In addition, MAP sponsors the annual Bay State Wheelchair Games and publishes a monthly newsletter sent to all members. Meetings are held monthly in various regions of the state including Boston, Cape Cod, Southeastern Massachusetts, Springfield, and Worcester. Further information on Chapter meetings and membership is available from MAP, Inc., P.O. Box 48, Bedford, Massachusetts 01730.

Massachusetts Council of Organizations of the Handicapped

c/o Maureen Winn
10 West Chardon Road
Winchester 01890

This organization has the objective of bringing under one umbrella the many and varied activities of organizations of the handicapped in Massachusetts. The council serves as a clearinghouse for activities and priority programs of the member organizations. The Council also coordinates the programs of each organization in order to more effectively serve all disability groups in Massachusetts.

Available publications are:

- "A Consumer's Guide to Organizing the Handicapped" (\$3.00).
- Directory of Organizations of the Handicapped in the U.S. (\$8.00).
- Directory of self-help groups that are members of MCOH (including Massachusetts Association of Paraplegics, Paralyzed Veterans of America, Spina Bifida, etc.).

New England Spinal Cord Injury Foundation

369 Elliot Street
Newton Upper Falls 02164
(617) 964-0521

For further information, see New England Spinal Cord Injury Foundation listed under Assistive Organizations, Regional, New England.

United Community Planning Corporation

14 Somerset Street

Boston, 02108
742-2000

This corporation operates an information and referral service.

New Hampshire

Easter Seal Society for Crippled Children and Adults

870 Hayward Street
Manchester 03103
623-8863

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Specialized programs include prevocational screening, infant hearing screening clinic, respiratory disabilities clinic, speech reading course, learning disabilities evaluations, public health information and referral, transportation for the handicapped, self-care evaluations of nursing home patients, training and consultation of nursing home staff, loan of therapeutic equipment, speech therapy at nursing homes, child evaluation clinic, electromyographics, nerve conduction studies, pre-school program for physically handicapped children, and recreation and residential camping. Also maintained is a skill training center to assist the disabled in entering or returning to competitive employment.

Easter Seal Rehabilitation Centers

80 Tarrytown Road, Manchester 03103 623-8863

Route 1 By-Pass, Box 901, Portsmouth 03801 436-5716

Services include occupational, physical, and speech therapy, as well as audiology, psychological and social services, and information and referral to other agencies. Also, consultation services are provided in hospitals, nursing homes, and schools.

Gate City Chapter, National Association of Physically Handicapped Persons

c/o Greenbriar Nursing Home
55 Harris Road
Nashua 03102
888-1573

This is a consumer group of physically disabled persons concerned with social, informational, and problem-solving issues. Meetings are held at 7:30 p.m. on the first Wednesday of each month.

New England Spinal Cord Injury Foundation

Box 63
Newbury 03255
668-2640

For further information, see New England Spinal Cord Injury Foundation listed under Assistive Organizations, Regional, New England.

Info-Line 1-800-562-1122

This is an information and referral program to and about Human Service Programs in New Hampshire.

Rhode Island

Easter Seal Society for Crippled Children and Adults

667 Waterman Avenue
East Providence 02940
521-6800

Purpose: To develop and implement special educational/therapeutic programs to meet needs of the handicapped in Rhode Island; to provide public and professional education programs which enhance understanding and promote greater acceptance of handicapped persons; and to investigate through organized study the methodology and techniques used to support and service handicapped children.

Paraplegia Association of Rhode Island, Inc. (PARI)

P.O. Box 6906
Providence 02940

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P.A.R.I. focuses on improving services in the community to benefit all persons who have suffered disease or injury to the spinal cord or are otherwise physically handicapped. This is accomplished through educational programs for members and the public, and by supporting research and programs of athletic and recreational endeavors for all physically handicapped individuals.

Summit Club of Rhode Island

P.O. Box 4711
Rumford 02916
421-7005 Ext. 57

Services attempt to meet the social needs of handicapped adolescents and adults for whom no other programs exist. The club offers a program of bowling, swimming, crafts, and social activities.

Council for Community Services, Inc.

Council for Community Services, Inc.
229 Waterman Street
Providence 02906
351-6500

Services: acts as an information and referral center for persons in greater Rhode Island; assists callers who have social, emotional, medical, or financial problems in securing appropriate and expedient agency resources; and collects data of significant community problems to present to the planning staff of the Council for Community Services, Inc. for action.

Vermont

Life, Independence, Victory, Equality, Esteem, Education (LIVE)

c/o Ms. Carol Jacobs
RFD No. 2, Box 417
Williston 05495

LIVE is an association of disabled and able-bodied people which meets in Burlington every other week with the following goals:

- To start a civic group to work on architectural and social barriers and to

- educate the public about the problems of the disabled.
- To have social gatherings.
- To act as a community of concerned people providing assistance to those in need.

New England Spinal Cord Injury Foundation

c/o Medical Center Hospital of Vermont
DeGoesbriand Unit
417 Pearl Street
Burlington 05401

Physically Disabled Association, Inc.

573 East Main Street
Newport 05855
334-2373

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The purpose of this group is:

- To facilitate social and economic betterment of physically disabled residents of Vermont
- To encourage and assist new members
- To stimulate and advance friendly relationships with kindred organizations
- To arouse public interest for the physically disabled

Squeaking Wheels

c/o Vermont Achievement Center
88 Park Street
Rutland 05701
775-2395

This is a group of young adults with various types of disabilities who meet approximately every two months. The main purpose of the group is recreational but it also deals with common problems.

G. EQUIPMENT

"How do I get around if I can't walk?" "How can I eat and dress without full use of my arms and hands?" "How do I deal with steps and curbs?"

For spinal cord injured persons, individually adapted equipment often makes the difference between dependence and independence. Many functional problems can be minimized through the use of adaptive devices which assist with activities of daily living. Because equipment needs are highly individualized, it is strongly recommended that a physician, physical therapist, and/or occupational therapist be consulted before the purchase of most items listed below.

1. GENERAL EQUIPMENT

Wheelchairs

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Simply stated, wheelchairs provide mobility and transportation for persons unable to walk. Selecting an appropriate wheelchair is a highly individual matter, as each user has special functions and requirements to consider. Wheelchair design varies, and should always be selected with the help of a physician and/or physical therapist. To follow are brief descriptions of various types of wheelchairs, reflecting differences in function and usage:

Manually operated — a self propelled wheelchair designed for persons with adequate hand and arm strength.

Electrically operated — propelled by an electronic lever. Motorized wheelchairs are prescribed for persons without sufficient upper extremity strength. Most levers are operated by hand but others are controlled by a chin or mouth lever.

Breath operated — through a "puff" and "suck" breath movement, this wheelchair can be propelled in all directions. This kind of chair is required by persons with little or no movement below the neck.

Wheelchair cushions — In spinal cord injury, it is essential to prevent the formation of pressure sores, particularly in the buttocks region, which can easily develop through prolonged sitting without changing body position. In response to this need, wheelchair cushions are prescribed. Again, consult with a physician or physical therapist.

Maintenance and Repairs — Preventive maintenance and small repairs will result in a properly functioning chair. For information on maintenance and assistance, contact a local supplier of wheelchairs or a local bicycle repair shop.

Ramps, Lifts, and Elevators

Because of the difficulty inherent in overcoming barriers imposed by curbs, stairs, and upgraded areas; ramps, wheelchair lifts, and elevators are often necessary. They allow wheelchairs to maneuver curbs and sidewalks, and inside and outside steps. Unfortunately, the cost of this equipment is high.

Braces

The use of braces sometimes allows ambulation for spinal cord injured persons, and when appropriate is recommended by the attending physician or physical therapist.

National Suppliers: Wheelchairs, ramps, lifts, braces.

The following is a partial list of national and regional manufacturers and suppliers. Their listing here is in no way an endorsement of companies and/or products. Another source of this information is the Yellow Pages under "Hospital Equipment and Supplies" or under "Physicians and Surgeons Equipment and Supplies."

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Activeaid, Inc.
501 E. South Street
Redwood Falls, Minnesota 56283
(507) 637-2951

Commodes

Adaptive Therapeutic Systems
36 Howe Street
New Haven, Connecticut 06511

Fabricates special chairs, lapboards and pulley systems for severely handicapped persons to be more self-sufficient

American Stair-Glide Corp.
4001 East 138th Street
Grandview, Missouri 64030

Outdoor and indoor wheelchair lifts

Automotive Conversion Corp.
2588 Industrial Row
Troy, Michigan 48084
(313) 549-7070

Ramps and hydraulic lifts for loading wheelchair into car or van

Bye Bye Decubiti
Ken McRight Supplies, Inc.
7456 Oswego
Tulsa, Oklahoma 74136

Rubber-inflatable wheelchair pads

Chair-E-Yacht, Inc.
Shoshoni
Wyoming 82649

Builds and distributes motorized vehicles for outdoor use by the paraplegic or quadriplegic. This vehicle transports the individual while he remains in his own wheelchair. Also developing a product which will pull a wheelchair into the back seat of a car for the individual who is unable to do this for himself.

Dunn Drive Controls
1582 Kenmore Avenue
Buffalo, New York 14261

Manually and electrically operated wheelchairs, lifters, ramps, and evaluation equipment.

Econo Lift
2513 Center Street
Cedar Falls, Iowa 50613
(319) 266-8878

Outdoor and indoor wheelchair lifts

Everest & Jennings
1803 Potious Avenue
Los Angeles, California 90025

Manually and electrically operated wheelchairs and lifters

G. E. Miller
484 So. Broadway
Yonkers, New York 10705

Manually and electrically operated wheelchairs, lifters, ramps and rehabilitation equipment

Handi-Ramps, Inc. 1414 Armour Blvd. Mundelein, Illinois 60060 (312) 566-5861	Ramps for loading wheelchairs in vans
Ted Hoyer and Company 222 Minnesota Street Oskosh, Wisconsin 54901	Lifters to transfer from wheelchair to car
Institute of Rehabilitation Medicine 400 East 34th Street New York, New York 10016	Breath control operated wheelchairs
Invacare (Rolls) 443 Oberlin Road Elyria, Ohio 44035 (216) 365-9321	Wheelchairs
Jobst Hydro Float Jobst Institute Box 653 Toledo, Ohio 43601	Floatation pads
Lance International Ltd. 1391 Blue Hills Avenue Bloomfield, Connecticut (203) 242-6281	Wheelchair lifts and customized vans for wheelchair use
McLaughlin Elevator Co. 120 Fulton Street Boston, Massachusetts 02109 (617) 227-3760	Outdoor and indoor wheelchair lifts
M. P. S. Corp. 2932 National Avenue San Diego, California 92111 (714) 234-5657	Porta-ramp for carrying a wheelchair on the back bumper or for mounting curbs and other obstacles
J. A. Preston Corp. Allen Quick Sales Dept. 71 Fifth Avenue New York, New York 10003 (212) 255-8484	Manually and electrically operated wheelchairs, lifters, physical and occupational therapy equipment
Rehabilitation Equipment Inc. 175 East 83rd Street New York, New York 10028 (212) 737-7740	Mechanical and electrical wheelchairs of all types
Veterans Administration Center 252 Seventh Avenue New York, New York 10011	Breath control operated wheelchairs
White Engineering and Mfg. Co. P.O. Box 195 Tustin, California 92680	Lifters for transfer from wheelchair to car

State and Local Distributors

Maine

Adco Surgical Supply Company, 586 Hummond Street, Bangor, Maine
George C. Frye Company, 685 Congress Street, Portland, Maine
Maine Surgical Supply Co., 52 Marginal Way, Portland, Maine
Medical Supplies Inc., 146 Kennedy Memorial Drive, Waterville, Maine
Respiratory Therapy Inc., Pine Tree Shopping Center, Portland, Maine

Massachusetts

58 Abbey Rents, 1244 Boylston St., Brookline (617) 731-8500
Denmark's Rental and Sales, 369 Barlow's Landing Road,
Pocasset (617) 563-2318
First Medical Inc. (Alpha Medical), 1032 Commonwealth
Ave., Boston (617) 731-2525
Leonard Medical Supply, 775 Huntington Ave., Boston (617) 731-8686
N & L Wheelchair Service, 72 West Wyoming Avenue,
Melrose (617) 665-9352
Parent Surgical Inc., 170 Western Ave., Lynn (617) 594-3510
The Apothecary, Cape Cod Medical Center, Lewis
Bay Road, Hyannis (617) 771-1030
E & J Services, Inc., 744 Washington St., Franklin (617) 528-0557
Hill-Rom Store, 332 Second Avenue, Waltham (617) 890-1280
Maloney Pharmacies, Post Office Square, Harwichport (617) 432-2219
North Shore Surgical Supplies, 26 City Hall Square, Lynn (617) 598-6922
PDC, Inc., 127 Braintree St., Boston (617) 787-5300
P. L. Rider Company Inc., 127 Piedmont St., Worcester

New Hampshire

Healthco Medical Supply, 494 Elm Street, Manchester
New England Brace Co. Inc., 1107 Hooksett Rd., Manchester (603) 622-5453

Rhode Island

A & B Surgical Supplies, 1559 Elmwood Ave., Cranston 941-8222
Eastern Scientific, 267 Plain St., Providence 421-4600 831-4100
Rhode Island Hospital, Orthopedic Appliance Shop,
10th floor APC Building, 593 Eddy St., Providence 277-5477
Carlow Orthopedic, 2905 Post Road, Warwick 738-6450
Orthopedic Appliance and Brace Center, 205 Broadway,
Providence 331-5548 331-5543
Rhode Island Limb Co., Inc., 1599 Elmwood Ave., Cranston 941-6230

Vermont

The Apothecary, 106 Allen Street, Rutland

Merrium-Graves Corporation, 184 Woodstock Avenue, Rutland	
The Pharmacy Inc., 209 North, Bennington	
Roys Orthpedic Inc., 33 North Avenue, Burlington	863-4591
116 Ben Mont Ave., Bennington	442-3093
40 Strongs Avenue, Rutland	773-3637
Lamson Surgical Supply, Inc., South Barre	476-8737
New England Hospital Supply, 125 College Street, Burlington	864-4571
R & M Surgical Appliance Inc., 175 Pearl St., Burlington	863-6154

2. SPECIAL EQUIPMENT

Environmental Control Units

Environmental Control Units electronically assist people who cannot use their hands in controlling their environment. They are generally remote control devices which assist in turning on lights; using typewriters, telephones, and televisions; operating bed controls; opening doors; and any other closed circuit systems in a work or home environment. The power sources are generated by mouth, shoulder or eye control monitors. The following kinds of equipment are available:

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Comfort and Communication Control System:

Fidelity Electronics, Ltd., 5245 West Diversey Ave.,
Chicago, Illinois 60639 Approximate cost: \$800

English Model Environmental System:

Possum Controls, LTD, 63 Manderville, Road
Aylesburg, (BUCKS) England Approximate cost: \$2,000

Environmental Control Unit:

Prentke-Romich Company, R.D. 2, Box 191, Shreve, Ohio 44676

Veteran's Administration Prosthetic Center System

R & D Engineering, P.O. Box 3584, Los Arrigos Station,
Downey, California 90242 Approximate cost: \$600

Nu-Life Environmental System:

Scientific Systems International, 506B Oakwood Avenue,
Huntsville, Alabama 35811 Approximate cost: \$3000

Voice Command Environmental Control Unit:

Scope Electronics, Inc., 1860 Michael Faraday Drive,
Reston, Virginia 22090

Telephones

The Telephone Company offers a number of adaptive devices for physically handicapped, blind and deaf individuals. Such devices as speaker phones, card dialers, and head sets, can enable a severely disabled individual to use the phone independently. The Telephone Company will send a staff member to evaluate the problems and suggest equipment. Because it is not allowed to sell any of this equipment, a monthly rental fee is added to the regular phone charge.

Anyone interested in this equipment can contact the nearest telephone business office. The phone company also publishes a booklet on phone adaptations called "Services for Special Needs"; it is available on request. Other sources of Special Telephone Equipment are:

- Radio Shack (speaker phones)
- Sparr Telephone Arm Co., R.D. No. 1 - Box 439, Stroudsburg, Penn. 18360
- Fred Sammons, Box 32, Brookfield, Illinois 60501
- Prentke-Romich Company, R.D. 2, Box 191, Shreve, Ohio 44676

Typewriters

Electric typewriters can be adapted to meet individual needs. Models are available as listed below:

- 60** **Telecommunications System** developed by Cybernetics Research Institute, 2233 Wisconsin Avenue, S.W., Washington, D.C. can be purchased from:
Scope Electronics Inc.
1860 Michael Faraday Drive, Reston, Virginia 22090

Possum Controls Typewriter System (electronically operated)
Possum Controls Ltd.
63 Manderville Road, Aylesburg, (BUCKS) England

For the C5-C7 quadriplegic, a good buy is the Smith Corona Sterling Electric 12. It has accessible controls and an automatic carriage return and costs approximately \$150.00.

Locally, many office supply stores sell reconditioned typewriters at cost. They can also adapt many typewriters to meet specific needs and can add, at nominal costs, keyboard guides, paper roll holders and cutters, and arm rests as needed. Suppliers with these services are:

IBM Office Products Division
One Gateway Center Plaza, Newton Corner, Massachusetts
(617) 969-0258

The Office Products Division of IBM sells trade-in typewriters at low cost to institutions or to handicapped persons. When financial hardship is declared, the company is willing to consider donating the equipment. Contact also:

Underwood-Olivetti Service Department
Cambridge, Massachusetts
(617) 266-4976

Page Turners

Automatically operated page turners are available from:

W. T. Brusse, Inc.
2647 Todd Ave. N.W., Warren, Ohio 44485

Tufts Biomedical Engineering Project is able to provide technical assistance throughout New England to persons in need of electronic devices. The Project focuses on designing and/or recommending equipment to meet specific needs such as environmental control units at home or job adaptations at work. Any person interested in discussing potential or present needs is encouraged to phone:

Tufts New England Medical Center
Biomedical Engineering
P.O. Box 1014, 171 Harrison Avenue
Boston, Massachusetts 02111
Telephone: 956-5036

3. ADAPTIVE CLOTHING

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The following sources provide adaptive clothing aids and information, as well as generate ideas for meeting individual clothing needs:

Clothes for the Physically Handicapped Homemaker with Features Suitable for ALL Women — Clarice L. Scott, Home Economics Research Report No. 12, Agricultural Research Service, U.S.D.A., Washington, D.C.

Clothes to Fit Your Needs — Jacquelyn Yep, Iowa State University, Ames, Iowa.

Fashion-Able — Rocky Hill, N.J.

A catalogue of clothing and aids for the handicapped person.

It's Fun to Sew — Armo Company, New York

Physically Handicapped-Aids to Self Help in Homemaking, Grooming and Clothing — North Carolina Agricultural Extension Service USDA Bulletin HE 137

Convenience Clothing Closures — This 20-page booklet has sections on clothing selection, zipper adaptations, and accessories. Available free from Talon/Velcro Consumer Education, 41 East 51st Street, New York, N.Y. 10022

4. SPECIAL AIDS

A wide variety of special aid devices can be obtained through the following sources:

Gilbert Frank
c/o Therafin
513 North Street
Crete, Illinois 60417

Manufactures special devices, mostly for
the rehabilitation industry

Cleo-Living Aids
3957 Mayfield Road
Cleveland, Ohio 44121

Fred Sammons Inc.
Self Help Aids
P.O. Box 32
Brookfield, Illinois

Mr. Sammons maintains a well illustrated catalogue of self help items for the spinal cord injured. The company is receptive to your feedback about equipment and can specially adapt devices to meet particular needs.

One additional resource which provides an in-depth examination on special aids is:

- 62 Aids to Independent Living: Self-Help for the Handicapped.** Edward Lowman, Judith Klinger, McGraw-Hill Book Co., Order Services, Princeton-Hightstown Road, Hightstown, New Jersey 08520. The cost is \$42.50, plus postage. This book can be obtained through:

Massachusetts Institute of Technology (MIT)
Humanities Library, 145-224
Interlibrary Loan
Cambridge, Massachusetts 02139
(617) 253-5682

5. FUNDING

Several sources*exist to absorb the cost of needed equipment. Very often, a social worker is able to assist disabled persons in locating payment sources for this equipment. For sources of funds, see chapters on Financial Assistance, Assistive Organizations, and Employment (section on vocational rehabilitation), or call The New England Spinal Cord Injury Foundation for more specific direction.

H. ACCESSIBILITY AND ARCHITECTURAL BARRIERS

Accessibility at home, places of work, transportation sources, and recreational facilities is vital to independent living. But architectural and other physical barriers have prevented many spinal cord injured persons from fully rehabilitated lives. In the past few years, there has occurred an increasing awareness and thrust to overcome architectural barriers (i.e. curbs, stairs, narrow doorways and unusable bathrooms). The result of this movement has been recognizable progress, at least initially, in the removal of many architectural barriers.

1. FEDERAL LEGISLATION

The **Transportation Barriers Compliance Board (TBCB)** is designed to make recommendations to Congress and the President, and to generate either legislation or executive orders to eliminate barriers in housing, public transportation, public buildings, monuments, and parks. Under Federal law, the Board is allowed to conduct investigations and hold public hearings. If it finds a violation of the Architectural Barriers Act of 1968, it can issue compliance orders. Unfortunately, however, no real mechanism exists to enforce these orders on a federal level.

On the whole, federal legislation has been weak and ineffective. Although the law requires that all federally-funded buildings be accessible and conform to established standards, there has been no meaningful enforcement of these standards to date. There are indications, however, that the federal component in barrier-free design will be increasing:

H.R. 2424 — "Freedom of Access for the Elderly and Handicapped Act of 1975" — This bill, co-sponsored by Massachusetts Congressman Gerry Studds, proposes a tax incentive for businesses to renovate their sites to make them accessible. If enacted, it would provide a strong impetus for private businesses and employers and would have great significance in the overall elimination of architectural barriers. Information on the status and content of H.R. 2424 may be obtained by contacting Congressman Studds' office:

1143 Washington St., Hanover, Mass. 02339 Tel. 826-3866

or

1511 Longworth House Office Building, Washington, D.C. 20515

Sections 503 and 504 of the Rehabilitation Act of 1973 state that architectural accessibility must be, to the extent possible "without undue hardship on the contractor's business," a part of an employer's Affirmative Action plan. Regulations on Section 503 are presently undergoing revision and when completed may further clarify the extent of employer responsibility for making job sites accessible.

2. STATE LEGISLATION

Maine Legislation

Accessibility of Public Buildings: In 1967, a year before the Federal law regarding accessibility was passed, the Maine Revised Statutes, Title 25, Part 7, Chapter 331, were amended to require that buildings constructed, in whole or in part with state funds, be accessible to physically handicapped persons. Specific standards of construction included grading, public walks, ramps, doors, floors, elevators, stairs, restrooms and bathrooms, drinking fountains, telephones, and warning signals. Further amendments in 1975 applied the construction standards to any structure "specifically intended as a place where five persons or more will be employed or for public housing." Public housing was defined as "a minimum of 20 family units". The standards also apply to any reconstructed public buildings if the cost of the reconstruction or remodeling exceeds \$100,000, and the reconstruction applies to the public sections of the building. An important conformity chapter was added which should be quoted in full: "The state, county or municipal authority charged with administering this chapter shall not approve any plan for constructing a public building that does not conform to this chapter."

The Pine Tree Society in Bath, Maine currently has funding to survey and monitor public buildings regarding architectural barriers. The emphasis of this program is on:

- Surveying of buildings that come under the prime law covering publicly funded buildings.
- Monitoring new construction of the type that would come under the Human Rights Law - hotels, motels, restaurants, etc.
- Providing cost estimates and plans for renovations to private buildings which are open to the general public, and to make such buildings accessible.

For more information call 443-3341 or write:

Barrier Free Design
Pine Tree Society for Crippled Children and Adults
P.O. Box 518
Bath, Maine 04530

Massachusetts Legislation

Massachusetts State legislation has provided strong and enforceable laws on architectural barriers:

- All state public buildings built or reconstructed after July 1, 1968 shall be made accessible to, function for, and safe for use by physically handicapped persons (including local schools and town halls).
- The Architectural Barrier (AB) Board was created in 1968 to enforce the architectural barrier laws. The seven members (three of which must be handicapped persons) have the power to institute court proceedings to compel compliance and offer consultation and assistance in building projects. The AB Board can be contacted about violations of the law:

Robert Lynch, Chairperson
Frank Quinn, Administrative Assistant
Department of Public Safety
1010 Commonwealth Ave., Boston, Mass.
Tel. 727-6257

- The Architectural Barrier law was amended to include public housing authorities, the Mass. Port Authority, the Mass. Parking Authority, the Mass. Turnpike Authority or any building authorities of any public educational institutions effective as of October 29, 1971 (Chapter 584, Mass. Law 1971).
- The law was further amended to include private buildings that are "open to and used by the public, and shall include transportation terminals, institutional buildings, commercial buildings exceeding two stories in height or employing more than 40 persons, buildings having places of assembly of more than 150 persons, public areas in funeral homes, restrooms in shopping centers, hotels, motels, and dormitories," as of January 1, 1972 (Chapter 827, Mass. Law 1972).
- The Curb Cut Law of 1973 requires that whenever a sidewalk is being newly constructed or replaced, the local department of public works must construct curb cutouts at intersections to increase accessibility.

As of January 1, 1975, the Massachusetts Building Code, Chapter 802, requires that building inspectors of each town inspect local building plans and facilities to insure implementation of AB Board regulations.

Public Involvement and Advocacy

Because the AB Board does not have sufficient manpower to comprehensively implement and insure that architectural barriers laws are carried out, citizen involvement and action are needed. The following are resources in accomplishing this on a local level:

- Violations of the law should be reported to the AB Board or to the Department of Public Safety.
- Businesses, construction companies, and community leaders and political representatives must be urged to make facilities accessible and should be contacted as specific documentations and situations arise.
- The Massachusetts Association of Paraplegics, P.O. Box 48, Bedford, Massachusetts 01730, has available for loan to local community groups a movie on architectural barriers entitled "Beating the Averages." Showing it will increase both attitudinal and structural efforts toward a barrier-free state.

Rhode Island Legislation

Chapter 37 of the Rhode Island laws outlines the rules which architects must follow for all buildings and facilities used by the public. Any building or construction, whether it is permanent, temporary or created for an emergency, must conform to these rules if it is constructed after January 1, 1971 and an exemption was not granted. (Exemptions were only to be granted if construction was too far along to make major modifications impractical.) These rules are listed here as an example of what is needed to begin to break down physical and architectural barriers.

- The site must be graded to make access easy for handicapped individuals.
- Public walks must be at least 48 inches wide and should not be steep.

- The slope should not be higher than five degrees.
- You should be able to travel the sidewalks without having to climb any steps, large or small.
- At the top of a walk, there should be a level platform measuring five feet long and five feet deep (if the door opens toward you). If you have to push the door at the top of a walkway, the platform should be at least five feet long and three feet deep. The platform should extend one foot beyond each side of the doorway.
- Special parking lot spaces should be available to you if you have a physical disability. They should be clearly marked and wide enough for a person on crutches, braces, or in a wheelchair to get out of the car. The spaces, by law, should be twelve feet wide. However, the number of spaces set aside for the physically disabled will depend upon the number of handicapped people using the lot.
- If a ramp is used, it should not rise higher than one foot for every twelve feet in length (that's about a five degree slope). It should have at least one handrail 32 inches from the ground as measured from the base of the ramp. Each rail should also extend one foot beyond the top and bottom of the ramp.
- The ramp itself should have a non-slip surface with level platforms at 30 foot intervals or wherever it turns.
- At least one entrance to each building must be accessible by wheelchair and there must be an elevator at that level.
- You should be able to open all doors with a single effort and have a door opening no less than 32 inches wide. The floor on either side of the doorway should also have a level area measuring five feet deep.
- Like the ramps, stairways should have handrails 32 inches high with at least one handrail extending 18 inches or more beyond the top and bottom steps. Each step itself can be no higher than seven inches.
- Floors should be made of non-slip material.
- In any building constructed with state funds, there should be a toilet you can get to and use no matter what your physical handicap is. Bathrooms should be large enough for wheelchairs, with at least one toilet stall three feet wide and almost five feet deep. The door to the stall should be at least 32 inches wide, with a seat 20 inches from the floor. Handrails, 32 inches high and parallel to the floor, one and a half inches in diameter and one and a half inches from the wall, should also be present. You should also be able to get to the sink and the towel dispenser. Shelves and mirrors can be no higher than 40 inches from the floor. Urinals must either have their bases on the floor or open no more than 19 inches from the ground.
- Water fountains must be accessible to the physically disabled.
- An adequate number of public telephones, with the dial and handset within easy reach by individuals confined to wheelchairs, should be available. There should also be at least one well-identified public phone equipped to assist those with hearing disabilities.
- Elevators must be available, with access to all levels normally used by the public. Control buttons should have identifying features for those who are blind.
- Switches and controls for light, heat, ventilation, windows, draperies, fire alarms, and any other type of control button the public often uses in a

public building must be accessible to someone in a wheelchair.

In addition, all important controls and areas of a building should be identified with either raised letters or numbers so that blind people can be advised on the use of facilities or warned of dangers. On doors, for example, the identification should be either on the right or left side and approximately five feet from the floor.

The international wheelchair symbol should be used as a directional sign to the entrances, routes, and facilities available to physically handicapped people.

These rules apply to all facilities constructed after January 1, 1971 with the help of state or municipal funds, or with the money from any political subdivision of the state.

As of 1975, newly built transportation terminals, institutional buildings, commercial buildings more than two stories high or employing more than forty persons, buildings with rooms holding more than one hundred and fifty persons, public areas in funeral homes, rest rooms in shopping centers, hotels, motels and dormitories must all conform even if they were constructed with private funds. Apartment houses do not have to conform. **67**

3. BIBLIOGRAPHY

Barrier-Free Architecture: 'Yesterday's Special Design Becomes Tomorrow's Standard'

Barrier-Free Design: Accessibility for the Handicapped. Phyllis L. Tica and Julius A. Shaw. 1974. \$1.50.

Institute for Research & Development in Occupational Education
Center for Advanced Study in Education
The Graduate School and University Center
City University of New York
1411 Broadway
New York, N.Y. 10018

Barrier-Free Design: A Selected Bibliography. Peter L. Lassen. 1973.

Architectural Coordinator
Paralyzed Veterans of America, Inc.
7315 Wisconsin Ave. N.W.
Suite 301W
Washington, D.C. 20014

Barrier-Free Site Design. Washington, D.C.: Superintendent of Documents, U.S. Government Printing Office. 1975. Free.

Office of Policy Development and Research
Room 8146
U.S. Department of Housing and Urban Development
Washington, D.C. 20410

Construction Details - Planning for the Handicapped. Committee to Eliminate Architectural Barriers in Westchester County, 713 County Office Building, White Plains, N.Y. 10601

Designing for the Disabled. Selwyn Goldsmith. Second edition. 1967.

McGraw Hill Book Co.
Order Services
Princeton-Hightstown Road
Hightstown, N.J. 08520

The Elimination of Architectural Barriers to the Disabled. Canadian Rehabilitation Council for the Disabled, Suite 303, 165 Floor, Street E, Toronto, Ontario, Canada.

An Illustrated Handbook of the Handicapped Section of the North Carolina State Building Code. Ronald L. Mace and Betsy Laslett. 1974.

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North Carolina Department of Insurance
Attention: Ms. Minnie White
Wake County Courthouse
P.O. Box 26387
Raleigh, N.C. 27611

Making Facilities Accessible to the Physically Handicapped. 1967. Unable to verify. May be available from the following source.

New York State University Construction Fund
194 Washington Ave.
Albany, N.Y. 12210

Newsletter of the Committee on Barrier Free Design.

President's Committee on Employment of the Handicapped
Washington, D.C. 20210

Rules and Regulations of the Architectural Barriers Board. (ABR-1). \$.60

Division of Public Documents
State House, Room No. 116
Boston, Mass. 02133
Tel. 727-2834

Services for Special Needs. Contact local Bell Telephone Business Office.

Note: A special thanks to the Technical Education Research Center, Cambridge, Massachusetts for sharing the majority of this resource list with the New England Spinal Cord Injury Foundation.

I. EMPLOYMENT

Employment is a very important part of the lives of most Americans. Although there are a great variety of occupations or "jobs", most people consider their work a significant aspect of their total personality. Also, employment provides for the financial support of the individual and, in some cases, for all or a part of the support of a family. It can assist a person in realizing a level of financial freedom as well as achieving a certain degree of self-satisfaction.

For many spinal cord injured individuals, employment is more important than the norm, because of the psychological and financial adjustments that must be made. Employment is a reasonable goal for the majority of persons who have been paralyzed by a spinal cord injury. This chapter is a guide to meaningful employment resources.

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1. FEDERAL

Rehabilitation Act of 1973

It seems certain that the federally mandated implementation of Affirmative Action programs, first introduced in Section 503 of the Rehabilitation Act of 1973, will generate positive, concrete and far-reaching effects upon employment opportunities for physically disabled persons. Of major emphasis in this Act is the mandate that qualified handicapped applicants be actively recruited, considered, and when determined qualified, employed without discrimination of any kind on the basis of a physical or mental handicap.

Section 503

Section 503 of the Rehabilitation Act of 1973 mandates that any employer with federal contracts of \$2,500 or more must not only hire and promote, but actively *recruit* disabled persons. Although this legislation does not have a strong impact on small businesses, it does succeed in requiring many larger industrial firms to establish, support and implement Affirmative Action programs. These programs must in writing present a concrete plan toward the recruitment and employment of a projected number of handicapped persons. Section 503 also requires employers, whenever possible and within reason, to attempt to make their job sites physically accessible.

Section 504

Section 504, as yet unspecified in many areas, focuses on non-industrial agencies who receive federal grants. Included in this category are most educational, medical and non-profit organizations. 504 states: "No otherwise qualified handicapped individual in the United States . . . shall, solely by reason of his handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal assistance." Although the government has not yet outlined how 504 is to be implemented, it is reasonable to expect that its thrust follow the direction of 503. If strongly supported, it is likely to *significantly* expand employment opportunities for disabled persons.

Employment Discrimination

Under the Rehabilitation Act of 1973, persons who feel that they have been discriminated against because of a handicap may file a documented and written complaint with the employer in question, and, if necessary, with the Department of Labor. Complaints may also be directed to:

- Office of Federal Contract Compliance Programs, John F. Kennedy Federal Building, Room 1612C, Boston, Mass. 02203, Tel. 223-4232
- The Massachusetts Department of Labor and Industry, Division of Industrial Safety, 100 Cambridge Street, Boston, Mass. 02202, Tel. 727-3461
- The Civil Liberties Union, 3 Joy Street, Boston, Mass., Tel. 227-9469

Federal Civil Service Commission

70 Within the Civil Service Commission is a non-competitive appointment authority through which an interested federal agency can offer a job to a severely disabled person who otherwise does not meet all the testing, education, and/or experience requirements of Civil Service. The problem here, however, is that a willing Federal agency and appropriate job must first be located and developed. To follow is a listing of Federal Civil Service offices as well as a listing of Federal agencies throughout New England. Persons interested in Federal employment should contact specific agency personnel offices to arrange a meeting to discuss the applicant's background and skills as well as the agency's employment outlook.

Civil Service Commission Offices

Connecticut - 450 Main Street, Hartford	244-3096
Maine - 40 Western Avenue, Augusta	622-6171
Massachusetts - 3 Center Plaza, Boston 02108	223-5038
New Hampshire - 80 Daniels Street, Portsmouth	582-7220
Rhode Island - 310 Federal Building, Providence	528-4447
Vermont - Federal Building, Burlington	800-642-3120

Major Federal Agencies in New England

This list includes only the larger government installations. For smaller installations, more detailed addresses, and for offices of SOCIAL SECURITY ADMINISTRATION and U.S. POSTAL SERVICE, consult your local telephone directory.

Connecticut

Danbury 06810 - Federal Correctional Institution	746-2444
E. Hartford 06108 - Naval Plant Representative Office, Pratt & Whitney Aircraft	565-6865
Groton 06340 - Supervisor of Shipbuilding, USN, Conversion and Repair	446-5587
Groton 06340 - U.S. Naval Submarine Base, New London, Box 20	449-3646
Hartford 06114 - Defense Contract Administration Services District, 90 Murphy Road	244-2730
Hartford 06101 - Internal Revenue Service, P.O. Box 959	244-2760

Hartford 06103 — Veterans Administration Regional Office, 450 Main Street	244-3409
Newington 06111 — Veterans Administration Hospital, 555 Willard Ave.	666-4631
New London 06320 — U.S. Coast Guard Academy, Mohegan Ave.	443-8463
New London 06320 — U.S. Naval Underwater Systems Center	442-0771
Storrs 06268 — Soil Conservation Service, Mansfield Professional Park (for Conn. & R.I.)	429-9361
Stratford 06497 — Naval Plant Representative Office, Sikorsky Aircraft	378-6361
West Haven 06516 — Veterans Administration Hospital, West Spring Street	933-2561

Maine

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Augusta 04330 — Internal Revenue Service, 68 Sewall Street	622-6171
Bath 04530 — Supervisor of Shipbuilding, 574 Washington Street	433-3311
Brunswick 04011 — U.S. Naval Air Station	921-2271
Cutler 04630 — U.S. Naval Radio Station, Cutler, East Machias	259-8215
Limestone 04751 — Loring Air Force Base	999-7154
Orono 04473 — Farmers Home Administration, USDA Office Bldg.	866-4928
Orono 04473 — Soil Conservation Service, USDA Office Bldg., University of Maine	866-2132
Portland 04112 — Customs Service, U.S. Customs House	775-3131
Portland 04112 — Immigration & Naturalization Service, P.O. Box 578, Downtown Sta.	775-5641
Togus 04330 — Veterans Administration Center	623-8411

Massachusetts

Amherst 01002 — Soil Conservation Service, 29 Cottage Street	549-0650
Andover 01812 — Internal Revenue Service Center, 310 Lowell St.	475-8247
Ayer 01433 — Headquarters, Fort Devens, Department of Army	976-2333
Bedford 01731 — Electronic Systems Division, L.G. Hanscom Air Force Base, HDQRS. 3245 Air Base Group (Also includes Air Force Cambridge Research Laboratories)	861-4570
Bedford 01730 — Veterans Administration Hospital, 200 Springs Rd.	275-7500
Boston 02109 — ACTION (Peace Corps / Vista), 1405 J. W. McCormack Post Office & Courthouse	223-6366
Boston 02203 — Community Services Administration, JFK Federal Building	223-6298
Boston 02210 — Defense Contract Administration Services Region, 666 Summer Street	542-6000
Boston 02203 — Department of Health, Education and Welfare, JFK Federal Bldg.	223-4475
Boston 02203 — Department of Labor, JFK Federal Building, Room 1001	223-6731
Boston 02203 — Drug Enforcement Administration, Room G-64, JFK Federal Bldg.	223-2170
Boston 02203 — Environmental Protection Agency, JFK Federal Bldg., Room 2211-B.	223-7215

	Boston 02114 – Equal Employment Opportunity Commission, 150 Causeway Street	223-4535
	Boston 02203 – Federal Bureau of Investigation, JFK Fed. Bldg.	742-5533
	Boston 02108 – Federal Deposit Insurance Corporation, 2 Center Plaza, Room 810	223-6420
	Boston 02114 – Federal Energy Administration, 150 Causeway Street	223-3721
	Boston 02114 – First U.S. Coast Guard District, 150 Causeway Street, 5th Floor	223-3620
	Boston 02210 – First Naval District Headquarters, c/o DCASR	542-6000
	Boston 02109 – Fish and Wildlife Service, J. W. McCormack Post Office and Courthouse	223-2967
	Boston 02203 – General Accounting Office, JFK Federal Bldg., Room 1903	223-6536
72	Boston 02109 – General Services Administration, J. W. McCormack Post Office and Courthouse,	223-2624
	Boston 02203 – Housing and Urban Development, JFK Federal Bldg.	223-4361
	Boston 02203 – Internal Revenue Service, JFK Federal Bldg.	223-5542
	Boston 02109 – Law Enforcement Assistance Administration, 147 Milk Street, Suite 800	223-4671
	Boston 02110 – Milk Market Administrator, 230 Congress St., Room 403	542-8636
	Boston 02203 – National Labor Relations Board, Bulfinch Bldg., 7th Floor, 15 New Chardon Street	223-3332 223-3350
	Boston 02114 – National Park Service, 150 Causeway St.	223-3774
	Boston 02108 – Regional Administrator of National Banks, 3 Center Plaza, Suite P-400	223-2274
	Boston 02114 – Selective Service System, 150 Causeway Street	223-6311
	Boston 02114 – Small Business Administration, 150 Causeway St.	223-7776
	Boston 02109 – U.S. Civil Service Commission, J.W. McCormack Post Office & Courthouse	223-2545
	Boston 02203 – U.S. Customs Service, JFK Federal Building	223-7585
	Boston 02129 – U.S. Naval Shipyard	242-1400
	Boston 02130 – Veterans Administration Hospital, 150 South Huntington Ave. (Jamaica Plain)	232-9500
	Boston 02132 – Veterans Administration Hospital, 1400 VFW Parkway (West Roxbury)	323-7700
	Boston 02108 – Veterans Administration Outpatient Clinic, 17 Court Street	223-2027
	Boston 02203 – Veterans Administration Regional Office, JFK Federal Building	223-3006
	Brighton 02135 – Public Health Service Hospital, 77 Warren St.	782-3400
	Brockton 02401 – Veterans Administration Hospital	583-4500
	Burlington 01803 – Federal Aviation Administration, NE Region, 12 New England Executive Park	273-7215
	Cambridge 02142 – Transportation Systems Center, Kendall Sq.	494-2479
	Chicopee Falls 01022 – Westover Air Force Base, 439 Combat Support Group (DPC)	557-2921
	Falmouth 02542 – Otis Air Force Base, 102nd FiW Base Detachment (DPC)	968-4994

Gloucester 01930 – National Marine Fisheries Service, Federal Building, 14 Elm Street	281-0640
Maynard 01754 – Defense Civil Preparedness Agency, Region 1, Federal Regional Center	223-6230
Natick 01760 – U.S. Army Natick Development Center, Kansas Street Recruitment & Placement Branch	653-1000
Northampton 01060 – Veterans Administration Hospital	584-4040
Pittsfield 01201 – Naval Plant Representative Office, 100 Plastics Ave.	494-1110
S. Weymouth 02190 – U.S. Naval Air Station	335-5600
Waltham 02154 – Defense Contract Audit Agency, 424 Trapelo Road	894-2400
Waltham 02154 – U.S. Army Engineer Division, 424 Trapelo Rd.	894-2400
Watertown 02172 – Army Materials and Mechanics Research Ctr.	923-3000
Wellfleet 02663 – Cape Cod National Seashore	349-3787
Woods Hole 02543 – Department of Commerce, NOAA, National Marine Fisheries Service	548-5123

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New Hampshire

Durham 03824 – Soil Conservation Service, Federal Bldg.	868-7581
Hanover 03755 – Army Cold Regions Research & Engineering Laboratory, Box 282	643-3200
Laconia 03246 – White Mountain National Forest, P.O. Box 638	524-6450
Manchester 03101 – Housing and Urban Development, 1230 Elm Street	669-7011
Manchester 03103 – U.S. Air Force, 6594th Instrumenta- tion Squadron, New Hampshire Satellite Tracking Station	472-3911
Manchester 03104 – Veterans Administration Hospital, 718 Smith Road	624-4366
Manchester 03103 – Veterans Administration Regional Office, 495 Silver Street	624-4366
Nashua 03060 – Federal Aviation Administration, Air Route Traffic Control Office, Northeastern Blvd.	889-1171
Portsmouth 03801 – Internal Revenue Service, P.O. Box 720	436-7720
Portsmouth 03801 – Pease Air Force Base, 509 Bomb Wing (CSG/DTC)	436-0100
Portsmouth 03801 – U.S. Naval Shipyard	439-1000

Rhode Island

Davisville 02854 – U.S. Naval Construction Battalion Ctr.	267-2791
Narragansett 02882 – Department of Commerce, NOAA, National Marine Fisheries Service, Narragansett Lab., RR 7A Box 522-A, South Ferry Road	789-9326
Narragansett 02882 – Environmental Protection Agency, National Marine Water Quality Laboratory, South Ferry Rd.	789-0784
Newport 02840 – Naval Education and Training Center, Bldg. 11	841-2150
Newport 02840 – U.S. Naval Underwater Systems Center	841-3317
Providence 02940 – Internal Revenue Service, Box 6528	528-4852

Providence 02908 — Veterans Administration Hospital, 700 Davis Park	521-1700
Providence 02903 — Veterans Administration Hospital, Code 25, Federal Building, Kennedy Plaza	528-4479
West Warwick 02893 — Defense Mapping Agency, Topographic Center, Providence Office, Brookside Avenue	821-2500

Vermont

Burlington 05401 — Immigration and Naturalization Service, Federal Building	862-6501
Burlington 05401 — Internal Revenue Service, 11 Elmwood Ave.	862-6501
Burlington 05401 — Soil Conservation Service, Suite 205, 1 Burlington Square	862-6501
74 Montpelier 05602 — Farmers Home Administration, Box 588	229-2371
Rutland 05701 — Green Mountain National Forest, P.O. Box 519	775-2579
St. Albans 05478 — U.S. Customs Service, P.O. Box 111	524-6527
White River Junction 05001 — Veterans Administration Center	295-9363

2. STATE

Divisions of Vocational Rehabilitation (DVR)

State divisions of vocational rehabilitation were established to assist persons with physical, emotional, and/or mental disabilities in reaching an individualized vocational goal. Services provided are directed toward this vocational goal, which is defined as realistic, appropriate employment consistent with a person's abilities and limitations. In line with this, then, is the principle that vocational growth and measurable progress are requirements in the provision of DVR services. Depending upon individual abilities and limitations, employment can be in the competitive labor market, in a self-operated or owned business, at home, or in a homemaker function.

Eligibility

In the broadest of terms, DVR eligibility is based on:

- the presence of a physical, emotional, or mental disability which constitutes or results in a substantial handicap to employment, and
- a reasonable expectation that vocational rehabilitation services will be of benefit to the individual in terms of employability.

Services

In the rehabilitation process of working with an individual toward an appropriate vocational goal, Divisions of Vocational Rehabilitation can offer the following services, as deemed necessary:

- Medical, psychological, and vocational evaluations to learn the nature and degree of disability and to help evaluate the individual's work capacity.
- Counseling and guidance services toward achieving good vocational adjustment.
- Medical, surgical, psychiatric, and hospital care and related treatment to reduce or remove a disability.
- Psychotherapy and other mental restoration services.
- Wheelchairs, artificial limbs, prosthetic, orthotic, and other equipment de-

vices needed to increase physical capacity.

- Training in a college, trade, or commercial school toward prevocational and/or personal adjustment training, remedial education, or an occupation.
- On-the-job training.
- Services in comprehensive or specialized rehabilitation facilities, including sheltered workshops and adjustment centers.
- Maintenance and transportation when necessary so that the disabled person may get full benefit of other vocational rehabilitation services.
- Tools, equipment, and licenses for work on the job or in establishing a small business.
- Interpreter services for the deaf.
- Services to members of a handicapped individual's family when necessary in the adjustment or rehabilitation of the handicapped individual.
- Such other goods and services which can reasonably be expected to benefit a handicapped individual in terms of his employability.
- Placement assistance in a job suited to the individual's highest physical and mental capacities.
- Placement follow-up to see that placement is satisfactory to both employee and employer.

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Office Listings:

Connecticut

Bridgeport District

Bridgeport Area Office, 1470 Barnum Ave., Bridgeport 06610	384-0094
Central High School, 1 Lincoln Blvd., Bridgeport 06606	333-8551, Ext. 385
Danbury Area Office, 95 Locust Ave., Danbury 06810	748-4154
Danbury High School, Clapboard Ridge Rd., Danbury 06810	792-1100
Stamford Area Office, 26 Palmer's Hill Rd., Stamford 06777	325-1544, Ext.21
PARS-PROJECT (Bridgeport), 434 State St., Bridgeport 06603	384-1761
Fairfield Hills Hospital, Box W., Newtown 06470	426-2531, Ext. 244
Harding High School, 1734 Central Ave., Bridgeport 06610	333-8551, Ext. 304
Norwalk Area Office, 61 East Ave., Norwalk 06851	853-9609

Hartford District

Hartford Area Office, 122 Washington St., Hartford 06106	566-4100
Blue Hills Hospital, 51 Coventry St., Hartford 06112	566-3058
PARS-Project (Hartford), 2550 Main St., Hartford 06106	566-3833
Connecticut Correctional Institute—Somers, Somers	749-8391, Ext. 87
Manchester Area Office, 806 Main St., Manchester 06040	646-3232
PARS-Project (New Britain), 233 Main St., New Britain 06050	224-2601
New Britain Area Office, 100 Arch St., New Britain 06050	229-8522

New Haven District

Ansonia-Derby-Seymour Schools, Derby High School, Derby 06418	735-2094
PARS-Project (New Haven), 194 Bassett Street, New Haven 06511	787-6187
Meriden Area Office, 71 Catlin St., Meriden 06451	235-6667 or 235-5264
New Haven Area Office, 1 State Street, New Haven 06510	787-1277

Norwich District

PARS-Project (Norwich), 279 Main Street, Norwich 06360	889-2351
Mansfield State Training School, Mansfield Depot 06251	429-6451

**Public Assistance Rehabilitation Services*

New London Area Office, 302 State Street, Room 209, New London 06320	443-1719
Norwich Area Office, 257 Main Street, Norwich 06360	887-3546
Norwich Hospital, Norwich 06360	889-7361, Ext. 53
Putnam Area Office, 168 Main Street, Putnam 06260	928-6408
Seaside Regional Center, 36 Shore Road, Waterford 06385	447-0301
Waterbury District	
Bristol Area Office, 1001 Farmington Ave., Bristol 06010	584-2413
Connecticut Correctional Institute-Cheshire, Route 10, Cheshire 06410	272-5391, Ext. 84
PARS-Project (Waterbury), 70 Linden St., Waterbury 06702	756-7291
Torrington Area Office, 122 Water St., Torrington 06790	482-2495
Torrington Area Schools, 355 Migeon Ave., Torrington 06790	482-7441
Waterbury Area Office, 8 Prospect St., Waterbury 06702	757-1581

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Maine

Bangor 04401 — 117 Broadway	(1-800-432-7825 toll free)	947-0511
Belfast 04915 — 83 High Street		338-2060
Ellsworth — 41 Main Street		667-4581
Hallowell — 51 Water Street	(1-800-452-4628 toll free)	289-2586
Lewiston — 179 Lisbon Street	(1-800-482-7517 toll free)	783-9151
Machias — 26 Main St., P.O. Box 277	(1-800-432-7846 toll free)	255-8511
Portland — 509 Forest Ave.	(1-800-482-7520 toll free)	775-6507
Presque Isle — 555 Maine St., P.O. Box 748		764-0321
Rockland — 1 Park Drive	(1-800-432-7802 toll free)	594-2521
Rumford — Portland Street	(1-800-482-0702 toll free)	364-7884
Sanford — 1 High Street		324-5097
Van Buren — 194 Main Street		868-5055
York — Route 1, York Corner		363-5121

Administrative Office:

Augusta 04330 — State Office of Bureau of Rehabilitation, 32 Winthrop Street		289-2266
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Special Units for Vocational Rehabilitation:

Augusta Mental Health Institute, Hospital Street	662-3751 Ext. 462
Bangor Mental Health Institute, State Street	947-6981 Ext. 446
Biddeford Regional Vocational Center, Maplewood Ave.	282-1501
Boys Training Center, 675 Westbrook St., So. Portland	773-3887
Eastern Maine Medical Center Rehabilitation Unit, 489 State Street, Bangor	942-4110
Governor Baxter State School for the Deaf, P.O. Box 799, Portland	791-3165
Maine Medical Center Rehabilitation Unit, 22 Bramhall Street, Portland	891-2725
Maine State Prison, Box A, Thomaston	354-2535
Men's Correctional Ctr., 119 Mallison St., So. Windham	892-6716

Massachusetts

Boston — Government Center and Tufts, 141 Milk St.	357-8137
Brockton — 196 Main Street	583-1530
Brookline — 320 Washington Street	739-9080

Cambridge — 2464 Massachusetts Avenue	492-0360
Concord — 40 Stow St., Emerson School	369-1963 or 1987
Corrections — 80 Boylston St., Boston	426-8555
Fall River — 10 Purchase Street	678-9041
Fitchburg — 76 Summer Street	345-1713
Greenfield — 324 Main Street	774-2326
Holyoke — 560 Dwight Street	536-8200
Hyannis — 147 Falmouth Road	775-6131
Lawrence — 46 Amesbury Street	685-1731
Lowell — 97 Central Street	457-7544
Lynn — 36 Exchange Street	593-6604
Malden — 33 Dartmouth Street	324-7160
Mattapan — 591 Morton Street, Dorchester	288-4600
Milford — 3 Fayette Street	478-0700
Natick — 83 Speen Street	655-7500
New Bedford — 558 Pleasant Street	993-6256
Norwood — 511 Washington Street	769-5950
Pittsfield — 6 Clinton Avenue	499-2720
Plymouth — Human Services Center, Lakeville	947-7680
Quincy — 1431 Hancock Street	471-1600
Roxbury — 55 Dimock Street	442-5510
Southbridge — 922 West Main Street	765-5968
Springfield — 16 Fort Street	736-7296
Taunton — 30 Taunton Green	823-8141
Worcester City — 75B Grove Street	754-1757
Worcester Suburban — 110 Lancaster Street	791-6301

Massachusetts Rehabilitation Commission Publications and Resources:

1. "What Can the Commonwealth of Massachusetts Do For You if You are Disabled?"
2. "Clients Rights and Responsibilities" - information for new clients of MRC.
3. "Physical Disability Services"
4. "The Informer" - a quarterly publication by MRC to provide accurate information to handicapped individuals and groups concerning legislative and programmatic shifts and developments relevant to MRC.
5. "Employment Resources Newsletter" - projects labor market demands in Massachusetts.

New Hampshire

Regional Program Offices:

		Offices:
Berlin 03571	227 Main Street	752-2271
Concord 03301	169 Loudon Road	271-2327
Keene 03431	40 Mechanic St.	357-0266
Manchester 03103	130 Silver St.	669-8733
Portsmouth 03801	147 Congress St.	436-8884

School Cooperative Programs:

Concord 03301 — Concord Coop, Concord High School, Warren St.	225-9471
Franklin 03235 — Franklin Coop, 119 Central Street	934-3108
Keene 03431 — Monadnock Reg. High School, Swanzey Center	352-8835

Lebanon 03766 — Lebanon Sr. High School, 195 Hanover Street	448-2135
Littleton 03561 — White Mountains, 33 Main Street	444-3925
Rochester 03867 — Spaulding High School, Wakefield Street	332-6959
Penacook 03301 — Merrimack Valley, Center Street	753-4311
Claremont — Claremont Coop, Stevens High School, Broad Street	542-6507

Institutional Programs

Laconia 03246 — Laconia State School, P.O. Box 370	524-5373 Ext. 339
Manchester 03104 — Youth Development Ctr., 1056 No. River Rd.	625-5471 Ext. 20

Concord 03301 — N.H. Hospital, 105 Pleasant St.	224-6531 Ext. 530
Concord 03301 — N.H. State Prison, 281 No. State Street	224-6554 Ext. 37

Special Programs:

Concord 03301 — Workman's Compensation, 1 Pillsbury St.	271-3174
Concord 03301 — SSI/SSDI Program, 105 Loudon Road, Bldg. 3	271-3773

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Rhode Island

Providence 02903 — 40 Fountain Street	421-7005
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Vermont

Barre — 107 North Main Street	828-3475	
Montpelier — 81 River Street	828-3455	
Newport — 20 Main Street	334-6794	
Burlington — 59 Pearl Street	658-3364	
Rutland — 98 Merchants Row	775-0119	
Bennington — 203 North Main Street	442-8614	
Springfield — 1 South Ridge Street	885-2275	
St. Johnsbury (Answering Service) — 42 Eastern Avenue	748-8716	
White River Junction — Gilman Building, Holiday Drive	295-7122	
Rural and Farm Family Rehabilitation		
Burlington	Morrill Hall, UVM	656-3013
St. Albans	Federal Building, St. Albans	524-6717
St. Johnsbury	20 Main Street, Box 421	748-9649
Rutland	Federal Building	775-1566

Division of Employment Security (DES)

Although employment assistance services can greatly differ among DES offices, each office maintains daily listings of state-wide job openings. Many offices have an assigned job interviewer or counselor to assist handicapped job seekers. In addition, DES is sometimes able to sponsor and/or provide on-the-job training programs, unpaid work experiences, specialized skill training programs, and job development and placement assistance. Persons wishing to utilize DES services should keep in mind that, to be effective, *close* contact must be maintained, as job listings change daily. Because many DES offices are inaccessible, it is wise to phone ahead to discuss an appointment.

Office Listings:**Connecticut**

Ansonia - 555 Main St.	734-3367	New Britain - 100 Arch St.	224-2481
Bridgeport - 816 Fairfield Ave.	335-0112	New Haven - 634 Chapel St.	865-0131
Bristol - 59 No. Main St.	582-7421	New London - 166 Bank St.	443-2041
Cheshire - 64 West St.	743-3841	Norwalk - 731 West Ave.	838-0623
Danielson - 14 School St.	774-8581	Norwich - 1 Railroad Ave.	887-3587
Enfield - 110 High St.	745-3371	Putnam - 50 Canal St.	928-2749
Hartford - 2550 Main St.	566-3499	Stamford - 20 Summer St.	348-7505
Manchester - 806 Main St.	649-4558	Torrington - 350 Main St.	482-5583
Meriden - 24 So. Grove St.	235-6374	Waterbury - 83 Prospect St.	754-6103
Middletown - 437 Main St.	346-8683	Westbrook - Brookside Ave.	399-9761
Milford - 625 Bridgeport Ave.	878-6645	Willimantic - 478 Valley St.	423-2521

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Maine

Bath - 180 Front St.	443-5536	Augusta (Job Bank)	
Belfast - Custom Square	338-1755	20 Union Street	289-3113
Rockland - 235 Park St.	596-6413	Farmington - Mount Blue	778-6321
Calais - 171 Main St.	454-7551	Rumford - 35 Congress St.	364-3716
Machias - 70 Court St.	255-8400	Bar Harbor - 93 Cottage	288-3139
Augusta - State House	289-2601	Ellsworth - 8 State	667-2554
		Atlantic - Ferry Service	526-2400

Massachusetts

Attleboro - 29 Park Street, P.O. Box 978	222-1950	Lawrence - 444 Canal St.	682-5217
Boston - C.F. Hurley Bldg., Government Center	727-6320	Lowell - 291 Summer St.	457-7641
Brockton - 25 White Ave.	586-8100	Lowell CEP - 125 Perry St.	459-0311
Cambridge - 806 Mass. Ave.	547-7757	Lynn - 8 Silsbee St.	593-7466
Chelsea - 339-401 Broadway	884-8767	Malden - 213 Main St.	322-8890
Fall River - 446 No. Main	679-6421	Marlboro - 186 Main St.	485-2080
Fitchburg - 356 Broad St.	343-6461	Milford - 65 Congress St.	473-1985
Framingham - 206 Howard St.	875-5238	New Bedford - 874 Purchase St.	999-2361
Gardner - 175 Connors St.	632-5050	Newburyport - 15 Green St.	462-4494
Gloucester - 18 Washington St.	283-4772	Newton - 264 Centre St.	969-9470
Greenfield - 31 Federal St.	774-4361	North Adams - 85 Main St.	663-3748
Haverhill - 38 Kenoza Ave.	374-4753	Northampton - 58 Pleasant St.	586-2621
Holyoke - 227 South St.	536-1967	Norwood - 50 Central St.	762-0354
Hyannis - 60 North St.	775-5800	Pittsfield - 46 Summer St.	499-1793
Hyde Park - Little City Hall, 1179 River Street	364-3434	Plymouth - 19 Court St.	746-5910
Jamaica Plain - 3485 Wash- ington St.	522-4500	Quincy - 1433 Hancock St.	471-2750
		Roslindale - Little City Hall, 8 Cummins Highway	323-7465
		Salem - 118 Washington St.	745-1860
		South End, Boston - 225A Huntington Ave.	727-7472

Massachusetts (cont.)

Springfield - 1592 Main St.	785-1231	Ware - 23 W. Main St.	967-594
501 State St.	781-3134	Webster - 562 Main St.	943-124
Taunton - 72 School St.	824-5835	Woburn - 12 Walnut St.	935-465
Waltham - 738 Main St.	899-9340	Worcester - 51 Myrtle St.	757-381
Waltham Professional - 400 Totten Pond Rd.	890-7150		

New Hampshire

Berlin - 122 Pleasant St.	752-5500	Littleton - 16 Maple St.	444-297
Claremont - 140 Maple Ave.	543-3111	Manchester - 317 Lincoln St.	627-784
Concord - 47 So. Main St.	225-5534	Nashua - 1 Main St.	882-517
Dover - 110 Locust St.	742-3600	Portsmouth - 600 State St.	436-370
Keene - 216 Main St.	352-1904		
Laconia - 354 Main St.	524-3960		

Rhode Island

Bristol - Court House, High St.	253-7545	Providence - 124 West Exchange St.	861-620
E. Providence - 877 Broad- way	434-1914	Wakefield - Dale Carlia Corner, Narragansett	789-972
Newport - 268 Bellevue Ave.	847-2038	Warren - 851 Main St.	245-930
No. Kingstown - 6194 Post Road	855-2250	Warwick - 50 Occupass- tuxet Rd.	737-755
No. Providence - 1951 Smith St.	231-5290	West Warwick - 17 Provi- dence St.	821-540
Pawtucket - 109 Main Street (placement)	726-0500	Westerly - 57 Spruce St.	596-281
17 Broadway (benefits)	726-0500	Woonsocket - 217 Pond St.	769-822

Vermont

Barre - 347 No. Main St.	479-0536	Newport - 18 Main St.	334-654
Bennington - 108 Gage St.	442-6376	Rutland - 19-23 Wales St.	773-333
Brattleboro - 4-6 Main St.	254-4555	St. Albans - 86 North Main St.	524-594
Burlington - 59-63 Pearl St.	658-1120	St. Johnsbury - 44 Eastern Ave.	748-317
Middlebury - Middlebury Shopping Plaza	388-4921	Springfield - 25 Main St.	885-216
Montpelier - 6 E. State St.	223-2366	White River Junction - 5 No. Main St.	295-313
Morrisville - Pleasant St.	888-4545		

3. HELPING ORGANIZATIONS**Small Business Administration;**

The Small Business Administration is able to provide a wide range of assistance to persons considering small business enterprises, including informational workshops, limited counseling and guidance, and a wealth of publications dealing with all aspects of operating a self-owned business. Some examples of small business enterprises are: copy/mimeograph service; magazine subscription agency; animal breeding; telephone answering service; vending machine operation; babysitter placement agency and a good many other possibilities. Operating a

Small business requires extensive exploration, research, and organization and should not be undertaken without measurable knowledge of its potential for success, cost factors, geographical location, and other applicable considerations. On the other hand, this option can very often represent a viable and marketable vocation for a severely disabled person and as such should be carefully considered when appropriate and/or necessary in vocational planning.

Commission on Employment of the Handicapped

The Commission on Employment of the Handicapped provides general information about employment services and assistive agencies available to handicapped persons. It does not provide direct employment assistance. The commission is also involved in legislation relevant to the employment rights of the disabled population. For further information, contact:

- | | |
|---|-----------------------|
| Maine — Governor's Committee on Employment of the Handicapped, c/o Stanley Jones, Bureau of Rehabilitation, 32 Winthrop Street, Augusta, 04330 | 81
289-3056 |
| Massachusetts — Massachusetts Commission on Employment of the Handicapped, Charles F. Hurley Building, Government Center, Boston | 727-6470 |
| New Hampshire — Governor's Committee on Employment for the Handicapped, 105 Loudon Road, Concord | 271-3121 |
| Vermont — Governor's Committee on Employment of the Handicapped, 81 River Street, Montpelier, 05602 | 828-2861 |

National Alliance of Businessmen (NAB)

The National Alliance of Businessmen attempts to link disadvantaged workers with jobs in industry. Although most of its work and assistance has been directed toward veterans, ex-offenders, and poverty groups, NAB appears both open to and interested in assisting handicapped persons whenever possible and can be contacted to determine possible job assistance.

- | | |
|--|----------|
| Connecticut — National Alliance of Businessmen, 250 Constitution Plaza, New Haven | 249-5241 |
| Maine — National Alliance of Businessmen, The Greater Portland Chamber of Commerce, 142 Free Street, Portland 04101 | 772-2811 |
| This is a job placement service available to residents of Cumberland County. | |
| Massachusetts — National Alliance of Businessmen, Boston Regional Office, 50 Federal Street, Boston, 02110 | 482-6513 |

Other Employment Resources

Other sources of employment assistance are:

Maine

- | | |
|---|----------|
| Department of Manpower Affairs, Employment Security Commission, Division of Employment Services, Augusta | 289-3431 |
|---|----------|

Regional offices are listed in the telephone directory under "Maine, State of." Each regional office has a counselor who works specifically with the handicapped.

Massachusetts

Task Force on the Handicapped, Inc., a joint effort of the Massachusetts Rehabilitation Commission and the Division of Employment Security, serves as a job clearinghouse for handicapped persons and, whenever possible, provides direct job development and placement assistance. In addition, the Task Force consults with employers and/or employees about possible job modifications and maintains a current listing of statewide job openings. Contact:

Task Force on the Handicapped, Inc.
Charles F. Hurley Building
Government Center, Boston, Massachusetts
727-6451 or 727-4211

New Hampshire

82 Concentrated Employment Program, 50 Lowell Street, Manchester,
Director: W. Eugene Garlichs 669-3912

Services: Full scale personalized assistance to disadvantaged unemployed and under-employed persons. Services include outreach and recruiting, counseling and assessment, orientation, support, basic education, vocational training, work experience, job development and placement, and continued follow-up.

Eligibility: A resident of Manchester or a surrounding town, who qualifies under the terms of the U.S. Department of Labor definition of a "disadvantaged individual," and who can become permanently employable through the services provided by CEP.

Fee: None

Contact: All agency referrals and inquiries regarding eligibility should be made through Mr. W. Eugene Garlichs, Director, or Mr. David L. Crowell, Deputy Director.

Vermont

Office of Manpower Services, Montpelier, Vermont, Director: Don Holland
828-3355

4. SPECIAL RESOURCES

Occupational Outlook Handbook

Published yearly by the U.S. Department of Labor, the Occupational Outlook Handbook describes the requirements and job duties of hundreds of occupations, lists the employment outlook of specific jobs, and provides names and addresses of organizations directly knowledgeable about career opportunities. It is an excellent resource for exploring occupational families (e.g. allied health professions, technical and trade areas, etc.) and specific jobs, and is relatively easy reading. Copies may be obtained from local libraries or can be purchased from the U.S. Department of Labor, Washington, D.C.

Dictionary of Occupational Titles (DOT)

This publication identifies by job title and describes by job function over 10,000 different jobs. Although it tends to be rather technical and stuffy, it can provide valuable information about what is required, both physically and mentally, to perform a specific work task. Copies of the Dictionary of Occupational Titles are available at all Division of Employment Security Offices, as well as from local libraries.

Job Adaptations

Very often a particular job, seemingly inappropriate and/or impossible for a spinal cord injured person, can be adapted to his or her individual capacities and limitations without jeopardizing the performance expectations of an employer. Job adaptations can involve alterations in equipment, work procedures, and in the physical environment, as well as the use of special aids and devices in performing a task. Adapting a job for a severely physically disabled individual sometimes requires little more than imagination — for example, if 10% of an inspection job involves the physical task of packaging and stacking boxes, this task could be traded to an able bodied employee in exchange for an equivalent, non-physical, 10% duty of his.

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Spinal cord injured persons, counselors and interested employers throughout New England who wish assistance in job evaluations and/or adaptations should contact:

Tufts New England Medical Center, Biomedical Engineering, Box 1014,
171 Harrison Avenue, Boston, Massachusetts 02111 956-5036

or

Charles Snell, Industrial Engineer, Massachusetts Rehabilitation Commission,
296 Boylston Street, Boston, Massachusetts 727-2183

On-The-Job Training Programs (OJT)

In some instances, the Division of Employment Security (DES) or the Division of Vocational Rehabilitation (DVR) can provide financial incentive and support to employers who are willing to train, and subsequently employ, a disabled person. Length of training and salary levels will vary greatly with the skill requirements of the job, but are generally at competitive levels. An on-the-job training program can be of real value to an employer in that he is able, at low financial risk, to fully train an employee his own way. In the process of teaching a particular skill, he will also gain some level of work productivity. Although many DES and DVR counselors do not have the time to personally develop OJT programs for eligible clients, they are often able to sponsor such programs once a willing employer has been discovered. As a result, if a disabled person wishing to learn a skill (e.g. bookkeeping) can find an employer willing to teach it at minimal personnel costs, this should be presented to DES or DVR for sponsorship consideration.

Unpaid Work Experience

A potentially strong selling point for job seekers is the ability to present to employers a record of actual work experience. Section 501 of the Rehabilitation Act of 1973 indicates that handicapped persons may acquire this work experience without pay in Federal agencies. Although opportunities are limited, those

interested in learning more about this possibility should contact the Federal Civil Service Commission.

Insurance Risk Information

Many employers are reluctant to hire physically disabled persons because they anticipate an increase in their workman's compensation premiums. In fact, insurance companies do not take the physical condition of employees into account when computing a firm's premiums for workman's compensation. Premiums are computed in two ways: rates are broadly based on the occupational hazards of the class into which the employer falls, or on the employer's past accident track record. Research done by a private industrial firm confirms that "the safety record of properly placed disabled workers is similar to that of able-bodied persons."

84 A pamphlet which explains the issues of workman's compensation and safety records is:

"Hiring the Handicapped: Facts and Myths"

American Mutual Insurance Alliance, 20 N. Wacker Dr., Chicago, Illinois 60606

5. BIBLIOGRAPHY

Adaptation of Jobs for the Disabled. 1969. \$3.20. International Labor Office, United Nations, New York, N.Y. 10017.

Affirmative Action to Employ Handicapped People: How the New Law on Federal Contracts Affects the Employer/Protects the Job Seeker and Employee. U.S. Department of Labor, Employment Standards Administration, Washington, D.C.

"Disability is no Handicap." Joe Wolfe. *Alliance Review*. Winter 1973-74. (Reprint) Free President's Committee on Employment of the Handicapped, Washington, D.C. 20210

Employment for the Handicapped: A Guide for the Disabled, their Families and their Counselors. Nashville, Tennessee. Abindon Press. 1967.

"Employment of Physically Handicapped Persons in the Federal Service." (Pamphlet) Bureau of Recruiting and Examining, Office of Public Policy Employment Programs, U.S. Civil Service Commission, 1900 E. Street NW, Washington, D.C. 20415

Good Personnel Practices Include the Handicapped. (Pamphlet) Free. Mass. Commission on Employment of the Handicapped, Charles F. Hurley Building, Government Center, Boston Mass. 02114 727-6470

Guide for Federal Agency Coordinators in Selective Placement of the Handicapped: Identifying and Eliminating Architectural Barriers. (Pamphlet) 1974. Free. Office of Selective Placement Programs, U.S. Civil Service Commission, 1900 E. Street NW, Washington, D.C. 20415

"*Handbook of Selective Placement in Federal Civil Service Employment of the Physically Handicapped, the Mentally Restored, the Mentally Retarded and the Rehabilitated Offender.*" (Pamphlet) Bureau of Recruiting and Examining, Office of Public Policy Employment Programs, U.S. Civil Service Commission, 1900 E. Street NW, Washington, D.C. 20415

Selected References on the Vocational Counseling, Placement and Employment of Handicapped Workers. Chicago, Illinois. National Easter Seal Society. 1975.

Working Together . . . the Key to Jobs for the Handicapped. AFL-CIO. (Pamphlet) 1973. Free. President's Committee on Employment of the Handicapped, Washington D.C. 20210

J. HOUSING

Adequately accessible housing is of primary importance to spinal cord injured persons. It must include negotiable ramps, doorways, bathrooms and, when possible, modified kitchen areas. However, the reality of existing housing options, especially in the private sector, clearly dictates that an individual is not likely to find this ideally defined level of accessibility. The following guidelines for selecting a house or apartment were written by the Rancho Los Amigos Hospital, although it is recognized that practically no existing house or apartment will meet these requirements. In selecting a living arrangement then, it is best to look for individually workable features to accommodate your wheelchair. Where barrier-free apartments are either not feasible or desirable, a downstairs apartment in an older home with wide doorways (at least 30") and a large bathroom might be a good start.

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1. GUIDELINES FOR SELECTING A HOUSE OR APARTMENT

Outside House/Apartment

1. Flat walk (about twice as wide as wheelchair) up to entrance.
2. As few stairs as possible. Remember it requires about 1 foot of ramp for every inch of stair, so be sure you have enough room for this.
3. Will the owner permit ramp to be built?
4. Easy access to where car is parked, preferably over a paved surface.

Inside House/Apartment

1. Single levels in house/apartment are desirable.
2. Doorways into and throughout house/apartment should be wide enough for wheelchair and/or equipment to fit through. Be sure to include the bathroom door. (Measure at the narrowest point with the door open - 26" minimum and 30" if possible.)
3. All rooms and hallways should be wide enough for wheelchair/equipment to fit through (hallway needs to be at least 45" at narrowest point).
4. Sill (threshold) on entry door should be as low as possible.
5. There should be either firm wall to wall carpeting or no carpeting. Loose shag rugs are difficult to maneuver a wheelchair over and hazardous with ambulating equipment.

Bathroom

1. You need to be able to get wheelchair parallel to tub or shower. If you have a tub/shower combination, a shower curtain is best, or if not, glass doors; and track should be removable (get owner's permission).
2. Avoid bath stall showers with narrow doors and high ledges and unusually short bathtubs.
3. Toilet - make sure there is enough space on either or both sides for wheelchair approach.
4. Will owner permit installation of grabbars near toilet, tub or in shower?
5. You can get in closer to the sink if there are no cupboards underneath.

Bedroom

1. Can clothes be removed and re-hung in the closet from a sitting position? If necessary, will the owner permit clothes rod to be lowered?
2. Enough room to maneuver in the bedroom for activities such as transfer and making the bed.

Kitchen

1. Enough room so you can maneuver easily in the kitchen.
2. Adequate cupboards and drawers that you can reach from a wheelchair.
3. Refrigerator doors that can be opened safely from a wheelchair.
4. Stove controls that can be reached safely from wheelchair.
5. Can equipment be positioned near dining table?
6. Enough space to allow wheelchair to approach or get underneath sink.

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Miscellaneous

1. Nearby laundry facilities that person can get to and operate.
2. Shopping facilities nearby.
3. Lights, heater, air-conditioning switches, windows, and telephones that can be operated from a wheelchair.

2. PUBLIC HOUSING UNITS

Federal law indicates that 10% of all low-income housing be accessible to and usable by handicapped persons. In addition, most states require that a percentage of elderly public housing be designed specifically for and appropriate to handicapped persons. Most of these accessible apartments are one bedroom in size, however, limiting their availability to families.

Connecticut

The Office of Housing and Urban Development (HUD) will provide information and/or assistance with rent subsidies and barrier-free housing. The address is:
999 Asylum Avenue, Hartford, Connecticut Telephone: 244-2119

The following lists housing units in Connecticut with handicapped units. For specific information on apartment availability, contact the appropriate city housing authority.

Bethel	Augustana Homes	334-6178
Bloomfield	Wintonbury Park	233-1264
Bridgeport	Washington Heights	
	Sycamore Place	336-2813
Farmington	Tunxis Apartments	673-2444
Hartford	Vine Court	527-9126
	Brotherhood Homes	247-3755
	Immanuel House	525-4228
	Ten Marshall House	249-3350
	Capitol Towers	522-1151

	Tuscan Homes	525-7983
	St. Christopher	238-2955
Middletown	Stoneycrest Tower	238-2955
	Newfield Towers	238-2955
New Haven	Fairbank	787-1237
	Bella Vista I	238-2955
	Bella Vista II	238-2955
New Milford	Butterbrook Hill	
Norfolk	Meadowbrook Apartments	379-6970
Wallingford	Silver Pond Apartments	238-2955
Waterbury	Prospect Towers	756-4685
	Savings Tower	755-0131
	Lambda Rho	757-2445
	Nottingham Tower	754-8915
	Valley Mall Manor	754-0445
	Eastgate	756-4685
	Robin Ridge	787-1237
West Hartford	West Hartford	236-5961
	Fellowship Housing	

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Maine

Under Section 8 of the Housing and Urban Development Act, the Maine State Housing Authority will be providing rent subsidies to eligible individuals or families living in existing housing units in several Maine communities. The applicant must either be living in an apartment which he cannot really afford or, in the event he locates new housing and, provided the landlord agrees, he can apply for a rent subsidy through his local housing authority. For further information, contact the Maine State Housing Authority in Augusta or your local Housing Authority.

The state rent subsidy program, which went into effect January, 1975, requires that one of every 10 new units approved by the Maine State Housing Authority be accessible for the handicapped/wheelchair confined. The first building under this program was started in October of 1975 and it is expected that within a year 300 units will be under construction, 30 of which will be wheelchair accessible. These units will be located in various communities throughout the state.

Eligibility for renting or leasing one of the above subsidized units is based on income, assets, and housing needs. The landlord of each housing complex will be responsible for handling rental applications. The following is a list of planned construction sites.

LOCATION	NO. OF HANDICAPPED UNITS.	DEVELOPER/BUILDER
Bath	5	Bath Housing Authority
Belfast	1	Waldo Cnty. Comm. Action
Biddeford	4	Tambone
Bridgton	1	York-Cumberland Dev. Corp.
Cape Elizabeth	1	Balfour
*Dover-Foxcroft	1	P & I Realty - Bangor
Fairfield	1	Andy Lessard
Falmouth	1	York-Cumberland Dev. Corp.
Lincoln	1	Rosenthal

LOCATION	NO. OF HANDICAPPED UNITS	DEVELOPER/BUILDER
Lisbon	1	Vachon
Madawaska	1	Truitt McLaughlin
Madison	1	Brad Ronco - Hallowell
Millinocket	1	Truitt McLaughlin
Milo	1	Milo Housing Auth. Corp.
Old Orchard Beach	1	Begin, Fregeau & Mokarzel
Paris	1	Bahre
Patten	1	Hathaway
Richamond	1	Brad Ranco - Hallowell
*Rockland	1	Laukke
Saco	1	York-Cumberland Dev. Corp.
*Skowhegan	1	Mark Moody

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The majority of the above units are one and two bedroom apartments specified for the elderly and the handicapped. Those areas which will have family units are starred*.

For further information on public housing units, contact:

Maine State Housing Authority, Augusta, Maine

Tel. 622-3126

Massachusetts

There are over 200 housing authorities in Massachusetts, each responsible for elderly and handicapped housing. Rent is based on individual income and there are no residency requirements to qualify for public housing units. A 1970 Massachusetts state law requires that a minimum of 5% of all newly constructed public housing be accessible.

LOCATION	NUMBER OF HANDICAPPED UNITS	PHONE NUMBER	DESIGN SCORE**
Acushnet	4	995-1203	14 (10)
*Agawam	6	786-1297	
*Amesbury	6, 8	388-2022	
Amherst	4	256-0206	19
*Andover	7	475-2365	20
*Arlington	7	646-3400	19 (17)
Attleboro	5	222-0151	19
*Auburn	4	832-3674	
Avon	6	848-7480	11 (10)
Barre	4	355-4081	19 (18)
Bedford	3, 4	275-2428	15
(Bedford Village)			
Belchertown	3	323-4064	15
Bellingham	4	883-7418	18
(Oak Woods)			
*Belmont	4	484-2160	
Beverly	9	926-3000	
(Salem Tower)			

LOCATION	NUMBER OF HANDICAPPED UNITS	PHONE NUMBER	DESIGN SCORE**	
Blackstone	4	883-4161	14	
Boston - S. End				
(Franklin Sq. House)	9	742-4989		
(Concord House)	8	426-5266		
Boston - E. Boston				
(Land Fall West)	6	227-7870		
(E. Boston Rehab.)	4	445-0845		
Boston	11	426-5266		
Boston - Jamaica Plain				
(Forbes Building)	14	524-1180		
Braintree - Monatiquot				
Village	2	848-2400	10	
Bridgewater	3	697-7405	8	89
Cambridge				
(Memorial Drive)	15	926-3000, 868-0808		
(Cambridge Court)	5	354-6645		
*Cambridge	10	864-3020		
Canton	8	828-5820		
Chatham	4	945-0478	11	
Chelmsford	8	256-7425	11	
Chelsea	5	884-2763		
(Carter Heights)	5	884-2522		
Chicopee	3	292-1785		
Cohasset	4	383-1383		
Danvers	4	777-0909		
Dennis	3	394-6378		
Dighton	4	679-2937	16	
Duxbury	4	934-6618	18	
E. Bridgewater	4	378-3838	15	
E. Boston	6	227-7870		
E. Boston	4	445-0845		
Easthampton	4	527-1600	10 (8)	
Easton	8	238-7685	15	
Fairhaven	6	993-1144	19	
Everett				
(Everett St. Plaza)	13	387-1774		
(Glendale Court)	13	387-6389		
Fitchburg	13	345-5032	17	
Fall River				
(Highland Heights)	208	678-2861		
Foxboro	4	543-5840		
Framingham	5	879-7562	15	
*Franklin	4	528-2220		
Gardner				
(Colonial Apts.)	2	227-7870		
Georgetown	4	325-6331	17 (15)	
*Gloucester	4	283-4434	19	
(Central Grammar)	8	227-7897		

	LOCATION	NUMBER OF HANDICAPPED UNITS	PHONE NUMBER	DESIGN SCORE
	Grafton	6	838-2549	17
	Granby	4		17
	Greenfield	4, 5	773-3188	20
	Hatfield	3		
	Holbrook	4	767-0024	6
	Holliston	4	429-6266	19
	Holyoke (Elmwood Towers)	14	(413) 534-5667	
	Hopedale	4	473-8120	13 (17)
	Hopkinton	4		
	*Hudson	8	562-9268	17 (16)
90	Ipswich	3	356-2860	
	*Kingston	4	585-2178	
	Jamaica Plain	14	524-1180	
	Lee	4	243-3464	12 (13)
	Lawrence (Rita Hall)	10	227-7870	
	*Leicester	4	892-4620	16
	Lenox	4	637-1455	8
	Leominster	9	537-2861	16 (17)
	Lexington	4	861-0261	11
	Lincoln (Lincoln Woods)	7	227-7897	
	Littleton	10	486-4287	18 (17)
	Lowell, (Raymond Lord Manor)	9 4	227-7897	
	Ludlow		583-8976	
	Lynn (St. Stephen's Tower)	13	227-7897	
	(Louis Barrett Residence)	14 8	592-8100, 581-5000	
	*Lynn	4	592-1966	18
	Manchester	3	526-1511	
	*Mansfield	4	339-6890	
	Marshfield		834-4333	18
	Marlborough (Academy Knoll)	11 4	227-7870	
	Marblehead		631-2580	11 (13)
	Maynard (Summer Hill Glen)	12 5	326-5800	
	Medfield (Wilkins Glen)	4	359-8505 326-5800	
	Medford (Mystic Valley Towers)	27 3	723-6185	
	Medway	8	533-8731	9 (10)
	*Melrose	4		
	Merrimac	4		18 (19)

LOCATION	NUMBER OF HANDICAPPED UNITS	PHONE NUMBER	DESIGN SCORE**
Methuen	6	682-8607	14 (13)
Milford	4	473-9521	12
Millis	3	376-8181	
Monson	3	267-3557	
New Bedford	25	993-1711	19
Newburyport	4	465-7216	12
Newton	4	969-8404	
Norfolk	4	528-4800	14
Northampton	5	584-4030	19 (20)
Northampton	6		
Norton	4	969-8404	16
No. Andover	3	686-3816	
Norwell	4		
Norwood	8	762-3767	10 (11)
Oxford	5	987-5055	16
Pittsfield			
(Oak Hills)	4	(413) 499-1630	
Peabody			
(Crowninshield Apts.)	25	227-7870	
(Tannery)		592-0400	
Plymouth	5	746-2105	
Quincy	10	471-7050	18
(Wollaston Manor)	16	723-1995	
Randolph	8	963-7071	20
Revere	10	284-4394	
Rowley	3	948-2371	6
Roxbury	2	442-0210	
Salem	8	744-4432	14
Salisbury	5	462-7268	
Saugus	4	233-2116	11
Scituate	10		15
Seekonk	4	336-6382	
Sharon	6	784-5565	17 (18)
Shrewsbury	5	757-0323	
Somerville	16, 8	625-1152	
Somerset	6		11
Southboro	4		
Southbridge (South Village)	8	764-7675, 227-7870	
Southbridge	8, 12	765-9314	18
So. Hadley	4	532-3194	18
So. Lincoln Ctr.	7	227-7897	
Southwick	4	569-3161	17
Spencer	4	885-4314	19 (16)
Springfield			
(Bergen Circle)	15	426-5266	
(Chestnut Park)	22	523-8603	
(Hunter Place)	4	(203) 624-4171	

	LOCATION	NUMBER OF HANDICAPPED UNITS	PHONE NUMBER	DESIGN SCORE*
	Stoneham	10	438-0734	6 (5)
	Stoughton (Knoll's Brook)	11	828-8100, 828-5973	
	*Sudbury	4	443-5569	
	Swansea	4	679-5828	11
	*Taunton	10		
	*Templeton	4		
	*Tewksbury	4	851-6171	
	*Topsfield	5		
	Uxbridge	7	278-3232	10
	Ware	4	967-4477	15 (16)
92	Wareham	4	295-9009	
	Wayland	4	655-6310	19 (18)
	Webster	7	943-1634	17 (18)
	Wellesley	3	235-0223	11
	Westborough	3	366-1225	10
	W. Bridgewater	3	588-2781	14
	Westfield	6	568-0031	
	Westford	4, 6	692-6011	
	Westport	4	675-2039	11
	W. Springfield	5	788-0847	
	Weymouth (Colonial Village)	5 12	331-2323 337-3121	
	*Winchendon	5	297-2280	
	Winchester	4	729-6806	16 (15)
	*Winthrop	8		
	Worcester (Washington Hts.)	12	523-4886	
	(Lincoln Village)	68	256-0961	
	(Coe's Pond)	25	723-6185	

*Designates 90% or more of units completed

**Designates accessibility level on a scale of 1-20 with 20 representing full accessibility.

It should be noted that the **Boston Housing Authority** has many wheelchair accessible units located throughout the city in several housing units constructed for the elderly. The apartments have wide doors, lower counters, stoves, light switches, emergency alarm systems, and grab bars at tub and toilet. All have parking adjacent to the entrance. Interested persons may contact:

Harold Remmes or Vivienne Thomson
 Boston Housing Authority
 1701 Washington Street, Boston, Mass. 02118
 247-1694

Assistance in locating public housing in Massachusetts may be obtained from:
John Morrison or Cheryl Davis
Department of Community Affairs
Bureau of Housing for the Handicapped
Commonwealth of Massachusetts
100 Cambridge Street, Boston, Mass. 02202
727-3247

New Hampshire

For information on barrier-free housing and rent subsidies in New Hampshire, contact your local housing authority or the Office of Housing and Urban Development (HUD). Address:

1230 Elm Street, Manchester, New Hampshire 03101 669-7011

This office also serves **Vermont** and **Maine**.

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Berlin Housing Authority	
10 Granite Street, Berlin, N. H. 03570	752-4240
Claremont Housing Authority	
243 Broad Street, Claremont, N. H. 03743	542-6411
Concord Housing Authority	
40 South Main Street, Concord, N. H. 03301	224-4059
Dover Housing Authority	
62 Whittier Street, Dover, N. H. 03820	742-5804
Exeter Housing Authority	
11 Pleasant Street, Exeter, N. H. 03833	778-8110
Keene Housing Authority	
105 Castle Street, Keene, N. H. 03431	352-6161
Laconia Housing and Redevelopment Authority	
25 Union Avenue, Laconia, N. H. 03246	524-2112
Lancaster Housing Authority	
Town Hall, Lancaster, N. H. 03584	788-2468
Lebanon Housing Authority	
South Main Street, West Lebanon, N. H. 03784	298-5753
Manchester Housing Authority	
34 Fir Street, Manchester, N. H. 03101	625-8936
Nashua Housing Authority	
101 Major Drive, Nashua, N. H. 03060	883-5661
New Hampshire State Housing Commission	
1087 Elm Street, Room 402, Manchester, N. H. 03101	622-9848
Newmarket Housing Authority	
P. O. Box 308, Newmarket, N. H. 03857	659-5444
Northumberland Housing Authority	
Town Hall, Northumberland, N. H. 03584	668-0252
Portsmouth Housing Authority	
245 Middle Street, Portsmouth, N. H. 03801	436-4310
Rochester Housing Authority	
Wellsweep Acres, Rochester, N. H. 03867	332-4126

Salem Housing Authority
 Municipal Building, Salem, N. H. 03079 893-355

Somersworth Housing Authority
 42 Bartlett Avenue, Somersworth, N. H. 03878 692-286

Rhode Island

There are 131 federally assisted and two low rent public housing units in Rhode Island which are adapted for handicapped use. All are located in elderly housing units.

LOCATION	NUMBER OF HANDICAPPED UNITS	TEL. NO.
No. Providence - Spring Villa Apts., McQuire Road	6	231-144
Providence - Huntington Tower, Benedict Street	10	331-313
94 Providence - Parkis Place, 9 Parkis Avenue	18	331-057
Providence - Olney Tower, One Valley Street	24	
Providence - Charles Place, 460 Charles Street	20	274-121
Providence - 1890 House, 53 Jackson Street	6	521-103
Providence - Charles Gate Square Apts., No. Main St.	14	751-323
Warren - Kickemint Village	11	
Woonsocket - Waterview Apts., Privilege Street	10	769-166
Woonsocket - Mt. Vernon Apts., Diamond Hill Road	12	762-238

In addition, the city of Warwick has constructed a housing unit with four apartments designed for handicapped occupancy.

Housing is also available from:

Bannister House, 135 Dodge Street, Providence, R. I. 02906 274-322

Further information on housing in Rhode Island can be obtained by contacting:

- Department of Community Affairs, Division of Housing & Governmental Services, 150 Washington St., Providence, R. I. 02903 227-285
- Office of Housing and Urban Development, Providence Insuring Office, 330 Federal Building, Providence, Rhode Island 528-435

Vermont:

Barrier-free apartments are gradually becoming available throughout the state. There is usually a waiting list but contact should be made with the local housing authority to apply.

Vermont Housing Authorities:

Barre Housing Authority
 P.O. Box 525, Barre, Vermont 05641 476-318

Bennington Housing Authority
 100 South Street, Bennington, Vermont 05201 442-800

Brattleboro Housing Authority
 100 Melrose Terrace, Brattleboro, Vermont 05301 254-607

Burlington Housing Authority
 230 St. Paul Street, Burlington, Vermont 05401 864-053

Montpelier Housing Authority 155 Main Street, Montpelier, Vermont 05602	229-9232
Rutland Housing Authority 5 Tremont Street, Rutland, Vermont 05701	775-2926
Springfield Housing Authority 80 Main Street, Springfield, Vermont 05156	885-8905
Vermont State Housing Authority 101 Main Street, Montpelier, Vermont 05602	826-3295
Winooski Housing Authority P. O. Box 248, Winooski, Vermont 05404	655-2360

B. PRIVATE APARTMENTS

There is a great deal of variability in architectural barriers present in most private apartments. Older buildings, while often less expensive, may have more extensive barriers. When calling about modern apartment buildings, ask whether they are "garden style" since these usually have the least entrance barriers. The most comprehensive way to locate a private apartment is to explore and utilize the newspaper advertisements, real estate agencies, and helpful or knowledgeable friends.

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Massachusetts

The following list of private apartments was derived from a questionnaire mailed to members of the Massachusetts Association of Paraplegics, Inc. in May, 1974. These are apartments that spinal cord injured persons have lived in and have found generally adequate. Call to find out about present availability of units.

Boston

Morville House The Fenway 100 Norway Street 261-8533	Accessibility: The entrance is ramped and there is an elevator in the building. There are 14 units designed for the handicapped: one bedroom and efficiency units.
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Brookline

1440 Beacon Street 738-1550	Accessibility: Level entrance, wide bathroom doors.
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Cambridge

Continental Gardens 14 Concord Avenue 864-2626	Accessibility: Rear entrance has one step. Management will allow ramp. Elevator in building.
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308 Memorial Drive 868-0808	Accessibility: Level entrance, wide bathroom doors.
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East Dennis

Melpet Apartments Route 134	Accessibility: Level entrance, narrow bathroom door, parking at the door.
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Fall River

Highland Heights Apts.
1197 Robeson Street

Contact:

Fall River Housing Authority
P.O. Box 989, Fall River 02722
678-2861

Accessibility: Completely accessible. Apartment complex.

Lynn

Neptune Towers
Neptune Blvd.
595-6401

Accessibility: Ramped entrance, wide bathroom door, nearby parking.

Malden

630-Salem Street
322-9460

Accessibility: Completely accessible.

96**Norwood**

Nassau Gardens
208 A Bahama Drive
769-4900

Accessibility: Ramped back entrance, wide bathroom doors.

Windsor Gardens

624 Walpole Street
762-8282

Accessibility: Level entrance to some units wide bathroom doors.

Springfield

Bay State Place
414 Chestnut Street
733-7894

Accessibility: Level entrance, wide bathroom doors.

Watertown

24 Pattern Street

Accessibility: One step from side entrance, access to ground floor apartments, narrow bathroom doors.

Winthrop

Governors Park
Governors Drive
846-7170

Accessibility: Two high-rise buildings, no steps, elevator.

Fort Heath Apartments
846-7300

Accessibility: Ramp at back entrance.

Worcester

Lincoln Village
37 Pleasant Valley Drive
852-2256

Accessibility: Level entrance, wide bathroom doors.

33 Pleasant Valley Drive

Accessibility: Wide doorways, management plans to install ramp.

Maine

Three apartment complexes in the state of Maine have special units available for the handicapped. They include:

Biddeford 04005

Ledgewood Apartments 6 of 60 units
9 Graham Street

Livermore Falls 04254

Livermore Terrace Apartments 3 units available

Saco 04072

Golden Village Apartments 1 of 12 units
21 Bradley Street

4. HOUSES

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In general, real estate agents and newspaper advertisements are the most helpful sources of locating a house to purchase or rent. Usually ranch style homes are most accessible or most easily adapted.

In many larger cities in New England, Tenant's Organizations and/or housing assistance organizations may be helpful in locating suitable housing. These agencies are generally listed in the Yellow Pages of the telephone book under "Social Service" organizations.

5. HOUSING MODIFICATIONS AND ACCESSIBILITY

Persons in need of housing adaptations and modifications may obtain assistance from the following sources:

The Division of Vocational Rehabilitation (DVR) in each state can often provide, at no cost, an architectural consultant and/or the names of knowledgeable architects who can assess architectural barriers, recommend solutions, and estimate costs. In cases where the needed modifications can be related to the process of vocational rehabilitation (i.e. toward enabling an individual to become employed or to become more independent in homemaking tasks), DVR can absorb the costs of these modifications. The decision to do so, however, is based on individual considerations and should be discussed with your vocational rehabilitation counselor.

The Staff of a Hospital Rehabilitation Unit, especially the physical and occupational therapists, are often willing and able to make home visits to evaluate needed housing adaptations.

Other Physically Disabled Persons who have been through the experience of home modifications can provide valuable information about the process, as well as visually demonstrate the results of those modifications. These persons can be located through either of the above sources or through local consumer groups.

Community Action Programs (CAP)

In Maine, assistance with home renovations may be provided by regional Community Action Programs. Eligibility for this service requires owning a home, receiving Aid to Families with Dependent Children (AFDC) or Supplemental Security Income (SSI), and needing repairs or replacements to remove health or safety hazards. This program provides labor and some tools, and the individual provides the materials. The home improvement program is financed on a year-to-year basis and may not be available at all times. In other New England States, Community Action Programs can sometimes provide general assistance with housing adaptations. To determine the kinds of assistance available, contact the CAP program nearest you. Agencies currently providing this service in Maine include the following:

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- Penquis Community Action Program, 611 Hammond Street, Bangor
- Coastal Economic Development, Inc., 48 Front Street, Bath
- Androscoggin Task Force on Human Needs, 240 Main St., Lewiston
- Washington-Hancock Community Agency, Main and Center Streets, Machias
- Aroostook County Action Program, Skyway Industrial Park, Presque Isle

6. TRAILERS

Barrier-free mobile homes are now being developed and marketed. One company currently building barrier-free mobile homes is:

Specialty Homes, Inc.

2 Salt Creek Lane, Hinsdale, Illinois

(312) 325-6628

Transportation costs of moving a trailer from Illinois to New England would be very expensive; however, Specialty Homes can be a resource for overall information and specifications. Some local mobile home dealers can provide information on building specifications needed for trailer adaptation.

Trailers may also be rented to meet the need for short term housing. Each trailer model has different dimensions and will need to be checked for adequate door width and turning radius (particularly within the bathroom). Twenty-eight-inch wide doors will allow access unless you have an extra wide wheelchair. Be sure to check that the corridor width will allow the wheelchair to turn into the bathroom or bedroom. The front entrance will, of course, have to be ramped. Local trailer manufacturers and distributors may be found in the Yellow Pages.

7. COMMUNAL/TRANSITIONAL HOUSING

The need for Independent Living Centers, especially for high-level quadriplegics who require assistance with daily living activities, is sorely recognized. Without transitional housing, spinal cord injured persons are often forced to enter nursing homes or chronic care facilities. Transitional housing can also bridge the gap

for all levels of spinal cord injured persons between the hospital and full return to community living.

Maine

Independent Living Center, Bangor: Residents must be engaged in an educational or work-related program and must be in need of attendant care services. The goal of the Center is to provide transitional housing in preparation for moving into the community.

Physical Layout: The Center is located at Husson College's Bell Hall. It currently consists of five single rooms with plans to expand in future years. Meal tickets are available for all residents and all meals are provided by the Husson College cafeteria service.

Transportation: The Center operates a bus for transporting students to other schools in the Bangor-Orono area or for transportation of residents to and from work.

Financial Arrangements: The individual is expected to contribute toward his room and board charges with a portion of his room costs subsidized by the Maine Housing Authority. Attendant care is provided by the Bangor Counseling Center, Home Health Services Agency and is paid for with Medicaid, Medicare, private insurance or vocational rehabilitation funds. For further information, contact:

Director, Independent Living Center
c/o Husson College
1 College Circle
Bangor, Maine

Massachusetts

Three facilities, with a fourth planned for the Worcester area, presently provide communally supported housing.

Boston Center for Independent Living, Inc., Boston

Physical Layout: The Center is presently located in Boston University's Theology and Towers dormitories, both wheelchair accessible buildings, with plans underway to relocate to the Statler Hotel. Present accommodations house 12 persons and each unit is a double room. Meal tickets are available for the Boston University cafeteria and kitchen facilities are provided in the basement of the dormitory.

Requirements: The individual must be involved in a higher education or training program or be employed in the community; must need attendant care for activities for daily living; and must be willing to use the Center as a transitional step toward eventual community living.

Transportation: The Massachusetts Rehabilitation Commission will provide transportation to other schools for those individuals eligible for M.R.C. services. The Center is centrally located at B.U. so that residents who are B.U. students can use their wheelchairs to commute to classes. The Center hopes

to purchase a small van in the future.

Financial Arrangements: The individual is responsible for room and board (usually paid by SSI, SSDI or personal funds). Medicaid funding will provide for personal care attendants and consultants. Attendants are often students from Sargent College of Allied Health Professions. A physician, occupational therapist, physical therapist, and rehabilitation nurse are available for consultation. For further information, contact:

Director, Boston Center for Independent Living, Inc.
745 Commonwealth Avenue
Boston, Massachusetts
353-4100

Wellington Hall, Waltham

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Physical Layout: Presently located on the grounds of Middlesex County Hospital in Waltham, Wellington Hall is a special unit with private rooms for each resident. Present accommodations house nine persons. A study and lounge area, kitchen, and dining room are all located within the unit.

Requirements: The individual must be vocationally active (e.g. attending school or working in the community), in need of attendant care, and medically covered.

Transportation: The Massachusetts Rehabilitation Commission provides transportation to vocational programs. For further information, contact:
Martha Franz (social worker), Middlesex County Hospital,
Trapelo Road, Waltham, Mass. 02154 Tel. 894-4600

Lenox Hill Nursing Home, Lynn

Physical Layout: This nursing home/physical rehabilitation facility has developed a 25-bed area for spinal cord injured persons. Most rooms are three-bed units with two private rooms available. Kitchen facilities and two recreation areas are located on the ground floor.

Requirements: The individual must be involved in a physical rehabilitation or vocational program. Some residents attend North Shore Community College, Salem State College, Graham Junior College, Career Academy, I.T.T. Technical Institute or Boston University.

Transportation: The unit has a Roycemobile to take residents to local schools, jobs, and recreation programs. Transportation to vocational training is sponsored by Massachusetts Rehabilitation Commission. Further information is available by contacting:

Jeff Goldfarb, Rehabilitation Coordinator
Lenox Hill Nursing Home and Rehabilitative Hospital
70 Granite Street, Lynn, Mass. Tel. 581-2400

8. NURSING HOMES

Although not ordinarily an acceptable living arrangement, sometimes nursing homes receive discharged spinal cord injured persons because of limited housing resources. In circumstances which require or result in a nursing home placement, it is extremely wise to consider and evaluate the facility's location to shopping centers and available activities, overall accessibility, general population make-up, transportation supports, and whenever possible, its "atmosphere" and attitude concerning life, illness, and independent growth and development.

Maine

The Maine Department of Human Services, Division of Hospital Services in Augusta maintains a directory of licensed nursing homes and licensed boarding homes in Maine. These homes are listed by county and a call to your local Human Services Office, Hospital Services representative, can tell you which homes in your community are accessible.

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9. MISCELLANEOUS

Home Identification Sticker

A sticker is available for placement on the bedroom window of a handicapped adult or child to alert firemen that special assistance is necessary in the event of a fire emergency. This sticker is a national symbol and may be obtained from local fire departments.

K. TRANSPORTATION

Transportation is basic to working or going to school and is a necessity in maintaining contact with the community. For many spinal cord injured persons, the best means of transport is by automobile since bus, subway and rail are often inaccessible. An automobile is safe, comfortable, and usually reliable. A key to the rehabilitation of any spinal cord injured person is the development of transportation options which meet his needs.

1. MOTOR VEHICLE OPERATION

Driver Evaluation and Training

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Nearly all spinal cord injured persons can drive their own automobiles and vans. People with good upper extremities can drive a hand controlled vehicle with ease and safety. Those with limited use of their upper extremities can also be good drivers due to assistive devices and the many power assists in today's motor vehicles.

Several states provide comprehensive screening and evaluation procedures for the severely disabled, while others require clearance through the Medical Affairs Bureau of the Registry of Motor Vehicles. If an evaluation is required, it will assess motor function, strength, range of motion, vision, and perception.

The following schools offer driver training in vehicles with hand controls and/or appropriate equipment. A doctor's statement is needed prior to initiating lessons. In most cases, a specially trained driving instructor is able to determine the appropriate adaptations needed. Fees generally range from \$10.00 - \$16.00 per hour with the number of lessons needed depending upon the skills and proficiency of the handicapped driver.

Massachusetts

- Brookline — Garber's Auto Driving School, 566-2100 or 734-2100
1406 Beacon Street
- Maynard — Maynard Driving Academy, 74 Main St. (617) 897-3377
Area: Statewide Service: Driver training with
hand controls, sells and installs hand controls.
- Taunton — Davis Auto School, 7 Taunton Green (800) 242-0250 (toll free)
Area: Brockton, New Bedford, Fall River,
Taunton and surrounding area
- Worcester — Central Massachusetts Rehabilitation 852-0450
Center, 299 Lincoln Street

New Hampshire

Contact Paul St. Pierre, Director of Driver Education,
Crotched Mountain Center, Greenfield 03047.

Rhode Island

Contact Paraplegia Association of Rhode Island,
P.O. Box 6906, Providence 02940.

Vermont

Contact Hazel Parry, DeGoesbriand Unit, Medical Center
Hospital of Vermont, Burlington 656-2367
or Mr. L. Bengier, Vermont Achievement Center,
88 Park Street, Rutland. 775-2395

Department of Motor Vehicles

Licensing

In most states persons who become disabled must be cleared through a Medical Affairs Bureau or Medical Advisory Committee to obtain or renew a driver's license. A letter from a physician specifying the disabling condition is required. To obtain a license, apply at your local motor vehicles office or Medical Affairs Bureau. At the discretion of the examiners, you may be asked to demonstrate your ability to use your adaptive equipment to pass the driving test. Your license will be endorsed describing the equipment you need.

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Connecticut — Motor Vehicle Department, 60 State Street, Wethersfield (203) 566-3863
Maine — Motor Vehicle Division, 242 State St., Augusta (207) 289-3581
Massachusetts — Registry of Motor Vehicles, Medical Affairs Bureau, 100 Nashua Street, Boston (617) 727-3865
New Hampshire — New Hampshire Division of Motor Vehicles, 85 Loudon Road, Concord 271-2371
Rhode Island — Motor Vehicle Registry, State Office Building, Providence (401) 277-3000
Vermont — Vermont Motor Vehicle Department, State Street, Montpelier 828-2121

Plates and Privileges

Handicapped plates can be obtained upon physician verification that a significant disability exists. These plates give the handicapped person the privilege of unlimited parking time at meters and in places especially designated for the handicapped. Apply to the Motor Vehicle Department in your area.

New Hampshire

There are no "HP" plates in New Hampshire as yet. New Hampshire does, however, have a "walking disability" card which allows for certain parking privileges. To obtain a card, send a letter including the license plate number of your car along with a doctor's certification of your disability to:

Mr. Clayton Osbourne, Department of Motor Vehicles, 85 Loudon Road, Concord 03301

Hand Controls

There is a wide variety of adaptive driving equipment on the market with many differences in safety, reliability, design, and price. The type of equipment needed is based on the strengths of the driver. Since each person has unique requirements, it is extremely important to obtain the correct equipment. Seek expert advice from people with experience in the field of handicapped driving before purchasing equipment. There is no economy in cheap adaptive equipment. It is not safe.

Three Main Types of Hand Controls

- **Push-Pull** (push for brake, pull for gas)
Disadvantage: Can either accelerate or brake but not both simultaneously which is needed on a hill stop.
Requires functional grip.
- **Push and Twist** (push for brake, twist to accelerate)
Advantage: Can accelerate and brake simultaneously.
Disadvantage: Handicapped persons without rotation at wrist or good grasp cannot use this.
- **Push and Right Angle** (push for brake, accelerate at right angle)
Advantage: Any handicapped person needing hand controls can use it.
Most sophisticated.
Disadvantage: Hardest of all three to learn.

104 State Manufacturers and Distributors

The following are some manufacturers of hand control systems throughout New England.

Connecticut

Wilfred Dombroski, 249 West Park Ave., New Haven 06511 (203) 469-3566

Massachusetts

Ashmont Welding, Dorchester Ave., Dorchester (617) 436-8866

Henry Dufresne, P.O. Box 931, Worcester (617) 755-2942 or 727-6456

Sells and installs Gresham and Wells-Enberg controls.

Ellis, Inc., 1001 Commonwealth Ave., Boston (617) 782-4777

Bob Harris, P.O. Box 81, Burlington (617) 862-3833

Sells and installs Wells-Enberg controls.

Sleeper Equipment, Littleton Rd., Rtes. 110 & 225, Westford (617) 692-8844

Rhode Island

Paraplegia Association of Rhode Island, P.O. Box 6906,
Providence 02940. P.A.R.I. will lend hand controls to
assist in learning how to drive. If the individual wishes, he
or she may then purchase the controls from P.A.R.I.

R.I. Limb Company, 80 Elmwood Ave., Providence (401) 941-6233

Vermont

Spillanes Mobile service Center, 811 Williston Road, Burlington
Tom Norway, RFD No. 2, Randolph

National Manufacturers and Distributors

M. Ross Company, Star Route, Elizabeth, Colorado 80107

Wells Enberg Co., Inc., 2505 Rural Street, Rockford, Illinois 61107

Drive-Master Corporation, 61 North Mountain Ave., Montclair, N.J. 07042

Kroepke Controls, 104 Hawkins St., New York, N.Y. 10464 (212) 885-1515

Handicaps, Inc., 4345 So. Santa Fe Drive, Englewood, Colorado 80110

Gresham Driving Aids, Inc., P.O. Box 405, 30800 Wixom Road,
Wixom, Michigan 48906

The National Institute for Rehabilitation Engineering, 238 Poplar Avenue,
Pompton Lakes, New Jersey 07442

Rental of Automobiles with Hand Controls

Disabled persons needing automobile controls in order to drive encounter special problems when traveling and wishing to rent a car. Hand controls are available

however, advance planning is essential and it is usually easier to deal with supervisory personnel than with the booking clerk.

Do not make reservations for hand controls through local agents. Reservations should be made through the national toll free number for Hertz and the regional number for Avis. These numbers are listed in the Yellow Pages of most telephone books.

Neither Hertz nor Avis charge extra for hand controls. However, Hertz does ask for an additional \$25 deposit on cash transactions involving these controls. This does not affect credit card rentals. Hand controls through Avis are available anywhere in the United States if the reservation is made two weeks prior to the rental. They are also compiling a list of stations in foreign countries which have hand controls. Hertz has controls available at 10 locations: Detroit Metropolitan Airport, San Francisco International Airport, Los Angeles International Airport, Chicago O'Hare International Airport, Logan International Airport (Boston), Miami International Airport, Dallas-Fort Worth Regional Airport, Atlanta Airport (Georgia), National Airport (Washington, D.C.), and at the Hertz agent at 310 East 48th Street in New York City. Hertz hand controls, available only on Ford LTD models, must be returned to the same dealer from which they are rented. Avis will confirm that the controls will be at the station with the reserved automobile. Avis emphasizes that the customer should be explicit when making the reservation. This would be a good policy with Hertz as well.

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Guidelines on Buying an Automobile

The following guidelines are recommended when purchasing a vehicle:

2-door sedan for wheelchair user (wider doors, no center post)

Service available in most towns (since spinal cord injured persons don't hitchhike well!)

American made (i.e. Chevrolet, Ford and Plymouth)

Intermediate or standard size

Suitable price

Automatic transmission

Comfortable

Maximum visibility from driver's seat

Power brakes

Power steering

Power window

Power locks

} Especially for severely disabled persons

Good safety harness

Adjustable split seat; enough room between back of front seat, when seat is forward to permit wheelchair to enter when folded, and enough space between back of front seat when it is all the way back to contain wheelchair in transit. Seat height should be approximately same height as wheelchair seat to make transfers easier.

Side and rear view mirrors

Determine how vehicle will be used

- Air conditioning for desert
- V8 for mountains
- Front wheel drive for snow and mud

- Dimmer switch on dashboard or steering wheel
- Hand controls
- Swing away or removable head rests to permit throwing left arm over back of seat to load wheelchair.
- Hand operated emergency brake
- Hand operated windshield washer
- The location of the adaptive equipment should not interfere with the operation of the car by non-handicapped person.

Vans and Buses

Many high level quadriplegics who are unable to transfer independently to and from an automobile find it easier to drive a van from their wheelchair, using an automatic lift or ramp to get in or out. Information on vans, lifts, and ramps may be obtained from:

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Lance International Ltd., 1391 Blue Hills Ave., Bloomfield, Conn.	(203) 242-6281
Braun Corporation, 1014 S. Monticello, Winamac, Indiana 46996	(219) 947-6157
Cheney Wheelchair Van Lifts, 3015 South 163rd Street, New Berlin, Wisconsin 53151	(414) 782-1100
Brockton Dodge, 1906 South Main Street, Rte. 28, Brockton, Mass.	(617) 588-5110
Target Industries, P.O. Box 3898, 8 Heywood Street, Springfield, Mass. 01101	(413) 736-5442
Speedy Wagon Sales Corporation, 4105 Old Highway, 94 South, St. Charles, Missouri 63301	(314) 447-5145
Para Industries Ltd., No. 6-4826 Eleventh Street, N.E., Calgary, Alberta, Canada	(403) 276-3133
Royce International, 4345 So. Santa Fe Drive, Englewood, Colorado 80110	(303) 789-1032
Automotive Conversion Corp., 2588 Industrial Row, Troy, Michigan 48084	(313) 549-7070

For further information, see chapter on Equipment.

Auto Insurance

Many insurance companies will insure handicapped drivers without putting them in an assigned risk category. Check with the larger insurance companies, such as Aetna, Travelers, Liberty Mutual, etc.

Handicapped Parking Areas

Special parking areas for handicapped drivers are slowly spreading throughout the country. Watch for these in public parking areas, shopping centers, hospitals, doctors' offices, and rest stops. Some effort is needed in educating the general public not to use these parking areas.

Funding Sources

The Vocational Rehabilitation Commission will often pay for driver training evaluations, lessons and adaptive equipment when the driver is eligible for Vocational Rehabilitation services and when the need is related to vocational objectives, i.e. vocational training, school or work. Apply to your local Vocational

Rehabilitation Office. Some private insurance companies will also pay for evaluations, training, and adaptive equipment.

In **Massachusetts**, The Handicapped Commuters Fund, Inc., 9 Park Street, Boston 02108, Tel. (617) 723-4680, will assist physically disabled residents of Massachusetts, who meet the Massachusetts Rehabilitation Commission's eligibility standards, in the purchase of a specially equipped private vehicle by providing an interest-free loan for twenty percent of cost of vehicle.

2. PUBLIC TRANSPORTATION SERVICES

Throughout New England, public transportation services for physically disabled persons is, at best, minimal.

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Massachusetts Bay Transportation Authority (MBTA)

Office of Special Needs, 145 Dartmouth St., Boston 722-5123

At the present time, use of public transportation is extremely difficult and often impossible for physically disabled persons. The MBTA has initiated three major programs to begin servicing persons with special transportation needs:

- Handicapped persons are eligible for 1/2 fares. This program is primarily directed toward individuals who are ambulatory, however, since no provisions exist to accommodate wheelchair users.
- Under a station modernization program, accessibility features (i.e. elevators, ramps) will be incorporated into Ashmont, Washington, Park and State Street Stations. Projected completion date is 1977. In addition, all future MBTA construction will be designed to accommodate physically disabled persons.
- Two experimental projects slated for 1976 will provide daily low cost transportation to severely disabled individuals in a selected 3-5 town area. This small van or bus service will transport persons to and from school or work.

3. PRIVATE TRANSPORTATION SERVICES

Maine

Maine's Office for the Elderly, which serves the elderly and the handicapped, will provide transportation on an "as available" basis when transportation is needed to reach medical services, to get to meal sites (such as Senior Citizens meal programs), to obtain personal services (banking, shopping, etc.) or to participate in recreational programs.

Currently there are minibuses and cars located in all regions of the state. Three vans with hydraulic lifts are being ordered and should soon be available. These three vans will be located in Portland, Lewiston, and Central or Coastal Maine. For further information contact:

Aroostook Regional Task Force of Older Citizens, Presque Isle	764-3396
Eastern Maine Task Force on Aging, Bangor	947-0561
Operation Sea Me, Rockland	(800) 432-7839
Northern Kennebec Valley Community Action Council, Waterville	(800) 452-8760

Regional Transportation Program, 127 St. John St., Portland 775-6503
 (Serves Cumberland County.) By January, 1976, this organization plans to have 3 busses with hydraulic lifts.
 Project Independence, Auburn 784-7520

Abilities and Goodwill, Inc. in Portland has a van with a hydraulic lift which is available on a part-time basis. There is a charge for this service.

Bangor Regional Rehabilitation Center in Bangor has a van with a hydraulic lift which is available to vocational rehabilitation clients on a part-time basis.

York County Community Action Corporation has a van with a hydraulic lift which can be used for residents of that county. Contact York County CAP at the County Court House, Alfred, Maine, Telephone 324-5762.

108 None of these transportation services are available on a regularly scheduled basis. Vocational Rehabilitation can pay for transportation services provided by a private carrier when the transportation is part of a program aimed at rehabilitation and employment.

Massachusetts

The following is a listing of private transportation services available to persons in wheelchairs. Most are approved by the Department of Public Welfare as carriers who meet Medicaid requirements and standards. Transportation services under Medicaid encompass only medically-related trips (i.e. outpatient visits to and from hospitals, clinics, and doctor's appointments) and do not provide for other travel needs, such as transportation to and from work. Some carriers, however, do offer services for recreational and social activities and are open to attempting to meet an individual's specialized transportation needs. Companies should be contacted directly to ascertain their specific services.

Cost — Payment generally averages \$14 per visit plus mileage rates. Taxi companies have standard fare rates.

- Allston — Wheelchair Ambulance Service, 147 Kelton St. (617) 782-9449
- Arlington — Armstrong Ambulance Service, 1241
 Massachusetts Ave. (617) 648-0612
- Attleboro — King Ambulance & Oxygen, 10 Union St. (617) 266-1600
- Boston — Them, Inc., 141 Milk Street (617) 542-5461
 Town Taxi, 160 Ipswich St. (617) 536-5000
 ReWhit Transportation, 31 Stanhope St. (617) 536-4000
- Brookline — Bay State Taxi, 156 Lawton St. (617) 566-5000
 Stavix Ambulance Service, 322 Washington St. (617) 232-2218
- Chelsea — H. Caplitz Transportation Co., 39 Orange St. (617) 884-5963
- Danvers — Lyons Ambulance Service, 28 Elm St. (617) 744-1500
- Dorchester — Handy Cabs, 42 Ramsey St. (617) 655-7300 or 265-7161
 Covers "All around Rte. 128" into Boston
- Framingham — Chaulk Ambulance Service, 7 Main St. (617) 872-2900
- Haverhill — Shanahan Ambulance Service, 20 Crowell St. (617) 372-8511
- Holbrook — Melanson Limousine Service, 59 Rinedone St. (617) 767-2146
- Holyoke — Para Medic Ambulance Service, 36 No. Bridge St.. (413) 733-3147
- Hudson — Marlboro-Hudson Ambulance Service,
 7 Kathleen Road (617) 767-2146
- Jamaica Plain — Brewster Ambulance Service, 20 Brokley Rd. (617) 445-3060

Leominster — Tri City Medi-Van, 33 Birchcroft Rd.	(617) 534-5175
Lexington — Corcoran Ambulance, 240 Bedford St.	(617) 275-8888
Transportation Management, 4 Militia Drive	(617) 861-0500
Lowell — Handi Van of Lowell, 82 Parkview Avenue	(617) 453-4317
Medic Bus Service, 61 Willow Street	(617) 458-2592
Lynnfield — Ambulette, Inc., 10 Alderney Way	(617) 334-6300
Mansfield — Norfolk-Bristol County Ambulance, 590 Elm St.	(617) 399-2633
Mattapan — Crawford Associates Transportation Inc., 1563 Blue Hill Avenue	(617) 296-3680
Medford — Mystic Services, Inc., 273 Riverside Avenue	(617) 396-9845
Methuen — Williams School Transportation, Inc., 18 Mystic Street	(617) 682-4545
Milton — Fallon Ambulance Service, 95 Eliot St.	(617) 698-0244
Northampton — Medi-Van Services, Inc., 32 Damon Rd.	(617) 584-9322
Peabody — Travel Time, 14 Hardy Street	(617) 532-2266
Pittsfield — Roy's Cabulance Service, 741 Tyler St.	(413) 445-5701
Roxbury — Yellow Cab Corp. of Boston and Brookline, 1890 Columbus Ave.	(617) 522-3000
Saugus — Transpo, Inc., 44 Birch Street	(617) 233-3727
So. Attleboro — Perry Ambulance, Rte. 1A and 123	(617) 399-7350
Springfield — Forest Park Ambulance, Inc., 1186-88 State Street	(413) 739-7373
Gold Cross Eastern Ambulance, same address & phone as Forest Park Ambulance, Inc.	
Courtesy Ambulance Service, Inc., 302 Locust St.	(413) 737-5438
West Springfield Servi-Car, P.O. Box 3781	(413) 736-4933
Stoughton — Wheelchair Transit, Inc., 30 Crescent Ave.	(800) 242-0298
Waltham — Waltham Central Square Taxi, Inc., 30 Elm St.	(617) 893-2000 or 894-2000
Westboro — Custom Mini Coach, Inc.	(617) 366-0100
Weston — Medi-Cabs of Massachusetts Bay, Inc., 56 Colpitts Road. (Covers Eastern Mass. to Worcester.)	(617) 899-8700
Worcester — Arrow Cab Company, 90 Madison St.	(617) 756-5184
Scott McAvoy Ambulance Service, 13 Harlem St.	(617) 756-4906
Worcester Ambulance Service, 227 Grafton St.	(617) 757-7287

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New Hampshire

A scheduled limousine service from various locations to airports covering the towns of Concord, Manchester, Nashua, Milford and Derry is offered by Hudson Bus Lines Limousine Service. Reservations are recommended. Call for schedules and reservation information: 1-800-572-1804.

Rhode Island

- Cranston Transvan, 858 Park Ave., Cranston 02910 461-2400
Cranston Transvan can provide transportation within Cranston for health services to selected locations in Providence and Warwick.
- Talbot House, 428 Pine St., Providence 02907 751-4560 or 725-8220
Talbot House has implemented a transportation service for the severely disabled with the assistance of a Vocational Rehabilitation Establishment Grant. The vehicle used is a Wayne Busette equipped with a hydraulic lift for wheelchair clients. It is envisioned that this vehicle will supplement the existing services currently utilized at a competitive price. A two-way radio will be installed shortly to insure prompt pick-up and return. Service can be arranged by calling 751-4560 (Talbot No. 5) or 725-8220 and asking for Mr. Charles Alves.

Vermont

"Project Mobility" is applying for a specially designed bus which will accommodate four wheelchairs to provide transportation for the elderly and handicapped in Chittenden County.

Yellow Cab, 225 Church St., Burlington

864-7411

Yellow Cab drivers have received information and instruction on the transfer of handicapped persons.

4. BUSES

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The Greyhound Bus Company has initiated a "Helping Hand" service which allows an attendant and/or companion of a handicapped person to travel free. To be eligible, a written statement from a physician is required verifying that an attendant is needed. Greyhound is also installing wider doors, ramps, handrails and adapted restrooms in its new or remodeled facilities. Further information is available at local Greyhound Bus Terminals.

5. AIR TRAVEL

Air travel is possible for persons in wheelchairs. At the present time, each airline is allowed to institute its own policy regarding the transport of physically disabled persons. As a result, airline accommodations can and do vary greatly. It is best to check with each individual airline about their policies and procedures for air travel in a wheelchair, especially since these can be subject to legislative changes. In general, the airlines prefer advance notification that you will be traveling in a wheelchair.

Deal directly with the airlines registration. Tell them you will need assistance in getting aboard and disembarking. It is often a good idea to request a seat nearest the entrance. It is advisable to travel first class if you can afford it. The seats are more accessible and you get better attention. Get to the airport at least half an hour before departure time. In most instances airlines will want to board you first. Put your name and address on your wheelchair and removable arms and foot rests. Don't let go of your cushions or you may never get them back. Be sure you get a baggage check for your chair.

6. OTHER TRANSPORTATION SOURCES

American National Red Cross

Services: Transportation on a first-come, first-served basis for visits to medical facility (doctor's office, clinic, hospital).

Eligibility: Unable to meet own transportation needs to and from doctor's office or medical facility. Must reside within boundaries of local chapter providing services.

FISH

Services: A 24-hour service manned by volunteers to provide emergency transportation in a defined neighborhood area. A variety of services are rendered according to the needs of the area and the ability of the volunteers to provide them.

Eligibility: Resident within a defined neighborhood area.

7. BIBLIOGRAPHY

"Wheelchair Air Travel" \$2.35 postpaid

Clare Millar, Box 7 Blair, Cambridge, Ontario, Canada

Includes valuable tips on planning a trip, preparation and overcoming problems which may occur.

"Transportation for the Disabled"

"Accent Summer" 1975

"Public Transportation for the Disabled"

"Accent Spring" 1976

L. EDUCATION

1. PUBLIC SCHOOLS

Each of the New England states is mandated by law to provide a public education to all students, including those with special needs. Public education in this sense means instruction within the school system to whatever extent possible. When needed, specialized education is provided in the home, hospital, or institution, as is evaluation and diagnosis of special problems; transportation; corrective and/or supportive services; and other special needs opportunities as required. In implementing this mandate, each state has established its own mechanism for determining and providing services to all physically, intellectually, or emotionally handicapped persons. In general, this mechanism involves the formation of an administrative/evaluative unit which meets as a team to diagnose the handicapping condition, recommend an individualized educational program, and insure the implementation of its recommendations. The school's decision regarding special education may be appealed by a student's parents or guardians by requesting a hearing, either orally or in writing, before the state board of education or its equivalent. Information on specific public education laws may be obtained by contacting the State Education Department.

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In addition, if a spinal cord injured person is physically unable to attend school, even for part of a day, he still has a right to have a teacher come to his home or hospital. For more information about home and hospital programs, contact your Regional Office of Special Education.

Connecticut

Education Department, Vocational Rehabilitation, 600 Asylum St.,
Hartford

566-3316

Maine

Educational & Cultural Services Department, Special Services -
Public Information, State House, Augusta

289-3241

Massachusetts

Education Department, Special Needs Bureau, 182 Tremont St.,
Boston

727-8143

New Hampshire

State Department of Education, Vocational Rehabilitation Div.,
Special Education Section, 105 Loudon Road, Building No. 3,
Concord 03301

271-3741

Rhode Island

Department of Education, Education Information Center,
22 Hayes Street, Providence

277-2035

Vermont

Education Department, Special Ed. & Pupil Personnel
Services, Montpelier

828-3141

2. GENERAL EDUCATION DEVELOPMENT (GED) EXAMINATIONS

Persons who have not earned a high school diploma may do so by successfully

Completing GED examinations. The five tests (English, Literature, Math, Science, and History) focus upon the general knowledge level expected of high school graduates. If necessary, the tests may be taken more than once and, when minimum scores are earned, a GED high school equivalency diploma is awarded by the State Department of Education. This diploma is recognized by most colleges, universities, and employers. The cost for these examinations is minimal. Information on GED testing can be obtained from your state Department of Education. It is worth noting that GED tests are not as difficult as they may appear. For example, if a person passes three of the five tests, he must retake only the two he has failed.

GED Preparation Courses

Many one-to-one tutoring and group instruction programs are available to help an individual prepare for the GED tests. To find such a program, contact the guidance department of your local high school, check the phone book for adult learning centers, contact a local community or junior college, or call the Division of Vocational Rehabilitation for a referral to the program nearest you. For example, the University of Maine at Portland-Gorham sponsors an Urban Adult Learning Center at 68 High Street in Portland. The services provided are tutoring (grades 1-12), educational evaluation and testing, and preparation for GED tests.

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COLLEGES AND UNIVERSITIES

A large number of colleges and junior colleges have disabled students in attendance. Although many of these schools are not fully accessible, persons in wheelchairs are often able to individually work out and overcome problematic situations. In choosing a school, accessibility is obviously a major factor, but some flexibility is needed so that this one factor does not overshadow other equally important considerations, such as the quality of course offerings, the marketability of the training program, etc. It is advisable to spend a day on the campus to experience first hand what barriers must be dealt with. Nationwide, there seems to be a growing awareness of the needs of handicapped students on campuses and, as a result, a number of schools have made commitments to improve overall accessibility. In addition, many schools have established offices to coordinate services to handicapped students. The following is a partial list of colleges and junior colleges in New England, some of which offer these special services.

Connecticut

University of Connecticut, Storrs 06268 — Has ramped curbs, reserved parking, special counselors, including a vocational rehabilitation counselor.

University of Hartford, 200 Bloomfield Ave., West Hartford 243-4100
Has classroom ramps, modified restroom facilities, ramped curbs.

Maine

University of Maine at Portland-Gorham
Gorham Campus, 37 College Avenue, Gorham 839-3351
Portland Campus, 96 Falmouth Street, Portland 773-2981

The Portland campus at the University of Maine is barrier-free in that access can be gained to all classroom and dining facilities. Toilet facilities, water fountains, and telephone booths have been adapted to accommodate wheelchairs. The Gorham campus is not totally barrier-free, although the major classroom buildings, the dining facilities, and two dormitories are accessible.

The University of Maine at Portland-Gorham has a Handicapped Students Services Office to provide supportive services to potential students, as well as to enrolled students. Services provided by this office are: orientation to the University campus; assistance in securing academic counseling; assistance to students with personal and social adjustment problems; assistance in removing architectural barriers which prevent students from majoring in all curricula; attempts to increase the University community awareness of the handicapped student; and help for students in procuring attendants and drivers.

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In addition the University of Maine Portland-Gorham campus has made the following services available to handicapped students:

- Two completely wheelchair accessible housing units.
- Assistance with registration.
- Special carrels in the library for students in wheelchairs.
- Assistance with transportation arrangements.
- Special parking privileges to students with physical disabilities.
- Adapted physical education programs.

Husson College, Bangor, Maine

(207) 324-534

Husson College is barrier-free in that all classrooms are accessible. One women's and one men's dormitory have been renovated to provide access for wheelchairs. The Husson swimming pool is not accessible yet.

Colby College, Mayflower Hill, Waterville

(207) 873-113

Colby College has library ramps and reserved parking.

Most Maine colleges are willing to accommodate wheelchair confined students. They do not, however, have totally accessible buildings or services. If a potential student is interested in a particular college or university in Maine, often arrangements can be made with the Student Services Office to facilitate wheelchair access.

Massachusetts

A large number of Massachusetts colleges and junior colleges have disabled students in attendance, including Boston University, University of Massachusetts (both Boston and Amherst campuses), Assumption College, Salem State College, Mass. Bay Community College, Mass. Institute of Technology, Harvard University, Quinsigamond Community College, Springfield Technical Community College, Southeastern Massachusetts University, and Massasoit Community College. Several colleges have created a formal unit to coordinate services to handicapped persons. Many have assigned either full- or part-time coordinators with varying responsibilities, which often include advocating for disabled students, acting as a liaison with outside agencies, and serving as a central resource for both students and faculty. The following is a list of

colleges and persons who may be contacted for information about specific programs and courses, to arrange visits and tours of the campus and to assist in admissions procedures.

American International College — 170 Wilbraham Road, Springfield. Dean of Student Services - D. Irving Conrad	(413) 737-5331	
Anna Maria College — Paxton 01612 - Sr. Dorilda Lynn, Chairperson, Department of Education	757-4586	
Assumption College — 500 Salisbury Street, Worcester, Dean of Students — Leo Zabinski	752-5615	
Bentley College — Beaver and Forest Streets, Waltham, 2154 Dean of Students Office - Mary Conley	891-2000	
Boston University — George Sherman Union, Room 4-11, 55 Commonwealth Ave., Boston 02215 - Al DeGraf, Coordinator, Disabled Student Services	353-2921	115
Brandeis University — 415 South Street, Waltham, 02154 Robert Saul Kim, Dean of Student Affairs	647-2000	
Bunker Hill Community College — Rutherford Avenue, Charlestown, 02129 - Dr. Pearl G. Waterhouse, Dean of Student Services	241-8600	
Braham Junior College — 632 Beacon Street, Boston, 02215 - Lyle J. Clevenger, Dean of Admissions	536-2050	
Harvard College — Phillip Brooks House, Cambridge, 02138 - Richard Lazar	495-5526	
University of Massachusetts - Amherst — 227 Whitmore Administration Building, Amherst, 01002 - Paul Applebee, Coordinator, Handicapped Student Affairs	(413) 545-0892	
University of Massachusetts - Boston — Dorchester, 2125 - Lilliam Ross, Andrea Schein, Resource and Counseling Center for the Handicapped	287-1900 (X 2923)	
Massasoit Community College — 290 Thatcher St., Brockton	588-9100	
Massachusetts Bay Community College — 57 Stanley Street, Watertown, 02172 - George I. Blaisdell, Dean of Men	926-2600	
Mount Wachusett Community College — Elm Street, Gardner, 01440 - Thomas Keene, Rehabilitation Project	623-6600	
Northeastern University — 408 Churchill Hall, Boston, 02115 - Sylvia Brown, Ruth Bork, Co-operative Education Research Center	437-3783	
North Essex Community College — 100 Elliot St., Haverhill, 01830 - David H. Lipsey, Counseling Office	374-0721	
North Shore Community College — Beverly, 01915 Ann Coles, Assistant Director, Special Services	927-4850	
Simmons College — 300 The Fenway, Boston, - Charlotte Morocco, Dean	738-2000	
Southeastern Massachusetts University — North Dartmouth, 02747 - Barrie G. Phelps, Dir. of Admissions; Charles R. Ratto, Dir. of Counseling	997-9321	
Springfield Technical Community College — Armory Square, Springfield, 01105 - Jacqui Bailey, Counselor Spec. Services	(413) 781-6470 (X43)	

Stonehill College — 320 Washington St., N. Easton	696-040
Tufts University — Medford - James M. Steindler, Dean of Students	
Wheaton College — Norton, 02766 - E. Susan Petering, Dean of Students; Michael T. Wood, Dir. of Residential Living	285-772
Wheelock College — 200 The Riverway, Boston, 02215-Dean of Student Affairs Office	734-520

Several organizations are available to offer counseling, information, and assistance to any person interested in attending a Massachusetts College:

Intercampus Committee for Handicapped Students (ICCHS)
 c/o Northeastern University, 408 Churchill Hall, Boston, 02115
 Paul Parravano 739-1156 Ruth Bork 437-378

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Resource and Counseling Center for Handicapped Students
 University of Massachusetts, Boston Harbor Campus, Dorchester, 0212
 Lillian Ross, Andrea Schein 287-1900, Ext. 292

Boston University Committee for Handicapped Students
 George Sherman Union, Room 411, 775 Commonwealth Ave., Boston
 New Hampshire 353-365

The State University and each of the accredited colleges in New Hampshire has a placement service and attempts to place graduates in appropriate employment.

Antioch Graduate School, Harrisville 03450	827-338
Castle Jr. College, Windham 03087	893-611
Colby-Sawyer College, New London 03257	526-201
Dartmouth College, Hanover 03755	646-111
Franconia College, Franconia 03580	823-850
Nathaniel Hawthorne College, Antrim 03440	883-822
Hesser College, Manchester 03104	668-666
Keene State College, Keene 03431	352-190
McIntosh College, Dover 03820	742-351
University of N. H. (Merrimack Valley Branch), Manchester 03102	668-070
Mount St. Mary College, Hooksett 03106	485-953
New England College, Henniker 03242	428-221
New Hampshire College, Manchester 03101	668-221
Notre Dame College, Manchester 03104	623-184
Franklin Pierce College, Rindge 03461	899-511
Plymouth State College, Plymouth 03264	536-155
Rivier College, Nashua 03060	888-131
St. Anselm's College, Manchester 03102	669-103
University of New Hampshire, Durham 03824	862-136

The University of New Hampshire, Durham, is not barrier-free; however, three dormitories and the library are wheelchair accessible. The admission

office advises spending a day on campus to assess its physical layout.

Community Colleges

Lebanon Community College, Lebanon 03766	448-1634
Monadnock Community College, Peterborough 03458	924-3611

Rhode Island

R.I. Junior College (fully accessible) — 400 East Avenue, Warwick 02886	825-1000
Bryant College (limited accessibility) — 145 Hope, Providence 02906	232-1200
Providence College (limited accessibility) — River Avenue, Providence 02908	865-1000
Brown University (limited accessibility) — Prospect, Providence 02912	863-1000
University of Rhode Island (limited accessibility) — Committee on the Handicapped - students/faculty, Narragansett 02882	792-2221
Johnson & Wales College (limited accessibility) — Abbott Park Place, Providence 02903	331-3915
Roger Williams College (accessible dorms)—Ferry Rd., Bristol	255-1000

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Vermont

The University of Vermont — 85 So. Prospect St., Burlington 656-3370

Several students in wheelchairs have been or are presently enrolled in degree programs at the University. Not all buildings are wheelchair accessible; however, a campus map was printed in 1975-76 which shows handicapped access to buildings, parking areas, and restrooms.

The Office of Architecture Barrier Control has recently been established to provide a comprehensive plan to eliminate barriers to the handicapped. The University recognizes an obligation to make its facilities available to all Vermonters. Thus far, it provides to handicapped students: special parking privileges; adapted physical education programs; and some accessible housing.

4. VOCATIONAL-TECHNICAL SCHOOLS

Public Training

Many school systems offer excellent vocational-technical training at minimal cost. Although many programs are offered as part of a student's high school curriculum, others are offered part-time or evenings through post-graduate programs. To follow is a partial listing of these training facilities in New England:

Maine

Capitol Area Regional Technical Vocational Center Cony St. Extension, Augusta 04330	622-3721
Bath Regional Technical Vocational Center Morse High School, Bath 04530	442-8447
Biddeford Regional Technical Vocational Center Biddeford High School, Biddeford 04005	282-1501

Lake Region Regional Technical Vocational Center Lake Region High School, Bridgton 04009	693-6221
Caribou High School Sweden Road, Caribou 04736	496-0821
Dexter Regional Technical Vocational Center Dexter High School, Dexter 04930	924-6471
Kenneth Foster Regional Technical Vocational Center Mt. Blue High School, Farmington 04938	778-3561
Lewiston Regional Technical Vocational Center 156 East Avenue, Lewiston 04240	784-2371
Portland Regional Technical Vocational Center 161 Lancaster St., Portland 04111	775-6357
Presque Isle Regional Technical Vocational Center Presque Isle High School, Presque Isle 04769	764-1356
Sanford Regional Technical Vocational Center Sanford High School, Sanford 04073	324-2942
Skowhegan Regional Technical Vocational Center Skowhegan High School, Skowhegan 04976	474-5511
Waterville Regional Technical Vocational Center Waterville High School, Waterville 04901	873-2751
Westbrook Regional Technical Vocational Center Westbrook High School, Westbrook 04092	856-6376

Massachusetts (partial listing)

	Programs Offered
Blue Hills Regional Vocational Technical School , 100 Randolph St., Canton 02021 828-5800	Auto Repair, Electrical, Machine Shop, Metal Fabrication
Occupational Resource Center , Boston's Coops, 240 Heath St., Jamaica Plain 566-4425	Health Occupations, Cosmetology, Distributive Education, Bilingual Business
Bristol-Plymouth Regional Tech. School 940 County St., Taunton 02780 823-5151	Auto Repair, Electronics, Graphic Arts, Machine Drafting
Cape Cod Reg. Tech. High School , Pleasant Lake Ave., Harwich 02645 432-4500	Culinary Arts, Distributive Education, Electronics, Masonry
Essex Agricultural & Technical Institute 562 Maple St., Hawthorne 01937 774-0050	Animal Science, Environmental Technology, Floriculture, Plant Science
Lynn Vocational & Technical Institute 80 Neptune Blvd., Lynn 01902 598-6020	Distributive Education, Electronics, Graphic Arts, Data Processing
McCann Technical (Northern Berkshire Voc. Regional), Hodges Crossroad, No. Adams 01247 663-5383	Automotive, Data Processing, Distributive Education, Drafting, Food Service
Minuteman Reg. Voc. Tech. School District 758 Marrett Rd., Lexington 02173 861-6500	Carpentry, Printing, Drafting, Culinary Arts

Montachusett Reg. Voc. Tech. School
 1050 Westminister St., Fitchburg 01420
 345-7791

Northeast Metropolitan Reg. Vocational
 P.O. Box 23, Wakefield 01880
 246-0810

Pittsfield Vocational School, Valentine
 Road, Pittsfield 01201 499-1234

Quincy Vocational-Technical School
 Woodward Ave., Quincy 02169
 472-1568

Southeastern Reg. Voc. Tech. School
 250 Foundry St., So. Easton 02375
 238-4371

Upper Cape Cod Reg. Voc. Tech. School
 220 Sandwich Rd., Bourne 02532
 759-7711

Air Conditioning/Refrigeration
 Auto Mechanics, Commercial
 Arts, Electronics

Community Service Aide,
 Graphic Communications, Ap-
 plied Design, Welding & Fabri-
 cation

Distributive Education, Draft-
 ing, Food Trades, Printing

Air Conditioning/Refrigeration
 Cabinetmaking, Commercial
 Art, Pipefitting

Business Applications, Com-
 mercial Foods, Machine Draft-
 ing, Plumbing

Auto Mechanics, Electrical,
 Food Trades, Painting &
 Decorating

New Hampshire

New Hampshire Vocational Technical colleges offer one-year diploma pro-
 grams and two-year Associate in Applied Science degree programs designed to
 prepare graduates for skilled and technical employment. Locations of these
 programs are:

- Berlin — Milan Road, 03570 752-1113
- Claremont — Hanover St. Ext., 03743 542-7744
- Laconia — Prescott Hill, 03246 524-3207
- Manchester — 1066 Front St., 03102 623-0113
- Portsmouth, 150 Greenleaf Avenue, 03801 426-1037
- Nashua, 505 Amherst Street, 03060 882-6923

New Hampshire Manpower Training Center, 57 Webster St.,
 Manchester 03104 669-2734
 Has training in automotive, printing, clerical, welding, and food service
 occupations.

New Hampshire Technical Institute, Fan Road, Concord 03301 271-2531
 Offers programs in such as mechanical engineering technology, electrical-
 electronic engineering technology, dental hygiene, data processing, busi-
 ness administration, associate degree nursing, x-ray technology, and dental
 assistance.

Private Training

A complete listing of private vocational schools may be found through the
 Yellow Pages or by contacting the State Department of Education. Before en-
 rolling in a private training program, however, it is extremely wise to investigate
 the school's claims and curriculum. This may be done by talking to students al-
 ready enrolled in the program and by ascertaining the school's placement record
 over the past 1-2 years (e.g. where are your graduates finding jobs?). Private
 training facilities have come under attack in recent years for making unfounded

claims and for having extraordinarily high drop-out rates and poor placement records. *Investigate before signing anything!*

5. CONTINUING EDUCATION

120 Almost all school districts have adult education and/or continuing education programs through which a person can enroll in a wide variety of subjects, ranging from college credit courses to person interest "mini-courses" (e.g. silk screening, photography). Most courses begin in late afternoon or early evening and correspond with regular academic year schedules. Information on a specific continuing education program can be obtained by phoning the local school department and requesting placement on its mailing list and/or specific information about course selections. Continuing education courses are especially accommodating to spinal cord injured persons wishing to enroll in a limited college program, in that they have no admission or minimum course load requirements and earned credits are usually applicable toward formal college programs.

Massachusetts

Three programs which merit listing because of their size and diversity of courses are:

- | | |
|---|----------|
| Brockton Adult Education Program – Brockton Community Schools, 470 Forest Ave., Brockton 02401 | 580-1147 |
| Cambridge Center for Adult Education – 42 Brattle St., Cambridge 02138 | 547-6789 |
| University of Massachusetts – Div. of Continuing Education, Amherst | 545-0111 |

Vermont

High School Adult Education Programs in certain areas are available free to handicapped individuals; however, not all schools have accessible buildings or services.

6. OTHER TRAINING PROGRAMS

Horticulture – The Charles County Community College, LaPlata, Maryland has initiated a one-year certificate program and a two-year associate degree program in horticulture. A number of spaces have been reserved for physically handicapped adults. Further information may be obtained from Mrs. Belva Jenson, Biological Sciences Director, Tel: (301) 934-2251. Financial assistance may be available for students.

Arts – A publication called *Arts and the Handicapped: An Issue of Access* lists both opportunities and levels of accessibility in the arts for disabled persons. The booklet is available at \$4.00 per copy from: Educational Facilities Laboratories and the National Endowment for the Arts, 850 Third Ave., New York 10022

University of Illinois – The University of Illinois in Urbana has a fully accessible campus with a large disabled student population. Undergraduate and graduate programs are offered in a variety of fields. The University is able to assist spinal cord injured persons in housing and attendant care needs.

Watchmaking, Clock Repair, Jewelry Repair, Precision Work — The Joseph Bulova School of Watchmaking, 40-24 62nd St., Woodside, N. Y. 11377 offers 9-18 month courses and has trained a large number of paraplegics among its disabled population. According to its Director, "Nobody is ever turned away for financial reasons." Further information may be obtained by contacting Benjamin Lipton, Director, at (212) 424-2929.

7. FUNDING

Division of Vocational Rehabilitation

DVR agencies will provide financial support of training programs to eligible clients who are pursuing realistic and appropriate vocational goals. The extent and level of DVR support is subject to counselor-client negotiation, supervisory approval, and available agency funds.

Veterans Benefits

Eligible student-veterans will receive a monthly stipend based on the level of their enrollment (e.g. half-time, full-time, etc.). For information and application, contact the Veteran's Administration nearest your town of residence.

Basic Educational Opportunity Grants (BEOG)

The federal government provides financial grants to any person who wishes to attend school and is in financial need. An application for a BEOG can be obtained at most high schools and college guidance departments.

Scholarships

Hundreds of scholarships exist through local, state, federal, and private sources. For example, the Massachusetts Rehabilitation Commission has published a listing of financial aid opportunities in training and can be contacted for specific details.

Financial Aid Offices

Many schools offer counseling and application assistance to students in need of financial aid. Check with the Financial Aid Office.

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8. BIBLIOGRAPHY

"Higher Education Facilities and Services for Students with Disabilities," Abt Associates, Inc., 55 Wheeler St., Cambridge, Mass. 02138

"Accessibility of Junior Colleges for Handicapped," President's Committee on Employment of the Handicapped, Washington, D.C. 20210

"Directory of National Associations Relating to the Education of the Crippled and/or Health Impaired," request the most recent directory from the Department of Health, Education and Welfare, Washington, D.C.

"Education of the Handicapped Student," Reprint - \$.50 *Rehabilitation Literature*, 2023 West Ogden Ave., Chicago, Illinois 60612

"Wheelchairs on Campus," Reprint of May, 1966 *Performance*, Free, The President's Committee on Employment of the Handicapped, Washington, D.C. 20210

"Higher Education and Handicapped Students," Free from Harry Waters, Ed.D., Kansas State Teachers College, Emporia, Kansas 66801

"Mobility for Handicapped Students," Free from Rehabilitation Services Administration, Department of Health, Education and Welfare, Washington, D.C. 20210

"Guiding the Physically Handicapped College Student," Herbert Rusalem, 1962, \$3.00 from Teacher's College Press, Columbia Univ., 1234 Amsterdam Ave., N.Y., N.Y. 10027.

"Accommodating Students Who Have Physical Disabilities: A Resource Guide for Massachusetts Community Colleges," Technical Education Research Centers, Inc., 44 Brattle St., Cambridge, Mass. 02138.

M. SEXUAL FUNCTIONING

1. INTRODUCTION

Perhaps no other aspect of spinal cord injury is as individually defined, superficially discussed, and generally misconceived as is the area of sexual functioning. Despite this, a great deal has been accomplished to facilitate sexual fulfillment among spinal cord injured people.

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A spinal cord injury undeniably alters conventional sexual activity. It need not, however, alter a full range of mutually satisfying sexual options. Although some physical adaptations are needed, physical closeness and sexual activity are realistically attainable. Despite physical limitations, sex can be a means by which two people's lives, interests, concerns, and love are merged spiritually as well as physically. If a couple has a fine, gentle relationship, filled with mutual respect and concern, their sexual relationship will fall into place. Simply stated, what happens in the bedroom will be all right because the couple has a relationship in the living room that allows for negotiation of a mutually satisfying sex life.

To follow is a listing of some publications and articles that explain many of the details about sexual functioning with spinal cord injury. Because much of this material provides concrete "how to" sexual information, it can be of great value in working out meaningful sexual experiences.

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Zubin, Joseph and Money, John: *Contemporary Sexual Behavior*. Johns Hopkins University Press, Baltimore, 1973.

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OTHER SOURCES OF INTEREST

The University of Minnesota in Minneapolis has a Program in Human Sexuality sponsored by the Medical School. Periodically they conduct workshops and seminars throughout the country regarding sexual function and the spinal cord injured. They have produced three movies dealing with various aspects of the subject. Information on their activities can be obtained through:

Dr. Theodore Cole, Research East Building, 2630 University Avenue, S.E., Minneapolis, Minn. 55414

"Sex and the Spinal Cord Injured." A selected bibliography prepared in August, 1973 by Harry A. Schweikert, Jr., Administrative Assistant, PVA, 7315 Wisconsin Avenue, Washington, D.C. 20014

A film entitled "Touching" by Laird Sutton shows a young couple (one member a quadriplegic) who are willing to share their own form of physical intimacy. It is 17 minutes in length; color-source:

Multimedia Resource Center, 540 Powell Street, San Francisco, California 94108 (415) 421-5035

Also, the New England Spinal Cord Injury Foundation is conducting symposiums on "Sexuality and the Spinal Cord Injured." These events are open to professionals, and their documentation will be available through the Foundation's information center.

N. RECREATION

1. TRAVEL

Travel Agencies

Several agencies provide travel arrangements and tours for persons concerned with wheelchair accessibility. These trips can be arranged to a wide variety of locations including the West Coast, Mexico, the Orient, and Europe. Descriptive brochures on trips and costs are available from:

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Evergreen Travel Service, Lynnwood, Washington	
Flying Wheel Tours, 148 West Bridge Street, Box 382, Owatonna, Minn. 55060	(507) 451-5505
Grant Travel Consultants, 427 Broad St., Shrewsbury, New Jersey 07701	(201) 842-7747
Handy-cap Horizons, 3250 East Loretts Drive, Indianapolis, Indiana 46227	9317) 784-5777
Hill Travel House, 2628 Fair Oaks Blvd., Sacramento, California 95825	(916) 488-8681
Kasheta Travel, Inc., 139 Main St., E. Rockaway, L.I., New York 11518	
Rambling Tours, Inc., P.O. Box 1304, Hallandale, Florida 33009	(305) 921-2161
Travel Information Service, Mass. Rehabilitation Hos- pital, 12th St. & Tabor Rd., Philadelphia, Penn. 19141	
The Wheelchair Traveler, Ball Hill Road, Milford, N. H. 03055	

Publications

- An excellent article on Wheelchair Travel appeared in the New York Times, Travel and Resorts Section, on February 23, 1975.
- "A List of Guidebooks for Handicapped Travelers" is available from the Women's Committee of the President's Committee on Employment of the Handicapped, Washington, D.C. 20210, September, 1972.
- Information about cruising is available in "Ready for a Vacation? Try a Cruise," in *Accent on Living*, P.O. Box 726, Bloomington, Illinois 61701.
- For highway travel information, consult "Highway Rest Areas for Handicapped Travelers" which lists nearly 400 accessible rest stops in 48 states. Route numbers, direction of traffic served by the rest stop and the milepost closest to the rest stop are provided. Write: The President's Committee on Employment of the Handicapped, Washington, D.C. 20036.
- A booklet listing accessible Holiday Inns throughout the world can be obtained from a local Holiday Inn or by writing to: Holiday Inn Executive Offices, 3742 Lamar Ave., Memphis, Tennessee 38118.
- In Massachusetts, the Easter Seal Society has published the following booklets which list accessible public and private buildings, theaters and restaurants

"Access to Cambridge"

"Wheeling through Springfield"

"Wheeling through Worcester"

To obtain these booklets, contact:

Easter Seal Society, 14 Somerset St., Boston Mass. 02108 227-9605

Easter Seal Society, 30 Highland St., Worcester, Mass. 01608 757-2891

A guide to historical sites and accessible buildings and support services in the city entitled "Access to Boston in '76" is also available by contacting:

Boston 200, 1 Beacon Street, Boston, Mass. 02108 338-1976

Booklets for other cities and foreign countries are available from: The Women's Committee of the President's Committee on the Employment of the Handicapped, Washington, D.C. 20210.

2. SPORTS AND RECREATION

The field of sports and recreation is as wide and varied as is the number of people who participate in it. Participation in any activity is an individual matter, although many organized programs exist for disabled persons throughout New England. The following listing identifies some of these activities. 127

Archery — Special lightweight adult bows for handicapped persons as well as equipment supplies are available from:

Dunmark Manufacturing Co., Ltd.
P.O. Box 268, 534 Timothy Street
Newmarket, Ontario, Canada
(416) 895-1258

Basketball — Several wheelchair basketball teams are in competition throughout New England.

Connecticut — New Haven Spokebenders, Stan Kosloski, Manager, 101B County Squire Drive, Cromwell 06416

Massachusetts — Bay State Wheelers, Donald Riel, Manager,
17 Janet Circle, Shrewsbury 01545 842-5961
Brockton Mustangs, Armand Thiboutot,
Manager, 14 Elder Road, Needham 02192

Rhode Island — P.A.R.I. Rhode Runners, P.O. Box 6906, Providence 02940

For additional information on organized basketball in your area, contact:

- National Wheelchair Basketball Association, Rehabilitation-Education Center, Oak St. & Stadium Drive., Champaign, Illinois 61820
- Northeast Wheelchair Basketball Association, Al Youakim, Manager, 174 Ruckim Road, Hillsdale, New Jersey

Bowling — Many bowling alleys in New England are wheelchair accessible and welcome handicapped bowlers. A phone call will confirm accessibility. For persons needing bowling chutes or construction plans and general information, contact:

The Garden City Activity Center
295 California Street, Newton, Mass. 02158
(617) 965-3389

Camping — A listing of camping areas throughout the U.S. and its territories equipped to service physically disabled persons is available in the *National Park Guide for the Handicapped*, a booklet issued by the National Park Service, U.S. Department of Interior. It may be ordered from:

Government Book Store
John F. Kennedy Federal Building
G-25, Government Center, Boston, Mass. 02203
223-6071

A nature trail and fishing pier designed to accommodate wheelchairs is located at Button Bay State Park on the east coast of Lake Champlain, six miles west of Vergennes, Vermont.

For general camping information, consult "Camping in a Wheelchair," an article in *Accent on Living*, summer, 1974. *Accent on Living*, P.O. Box 726, Bloomington, Illinois 61701. Issued Quarterly. Cost: \$2.50.

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Camps

Massachusetts — The Warren Center in Ashland is completely accessible and available by reservation to small handicapped groups and to individual parties. Further information is available by contacting: The Easter Seal Society, 30 Highland St., Worcester 01608 757-2891

Vermont — Camp Thorpe at Goshen is a private, non-profit organization which provides camping experiences for children with physical handicaps. Activities include swimming, hiking, dramatics, nature study, overnight camping, sports, crafts, and pioneering. Address: R.F.D. No. 3, Brandon 05733

The Easter Seal Directory of Resident Camps for Persons with Special Needs lists children and adult camps that are available. It can be obtained by sending \$1.00 to: National Easter Seal Society for Crippled Children and Adults, 2023 West Ogden Avenue, Chicago, Illinois 60612

Fishing — A brochure on Handi-Gear fishing equipment can be obtained from Garcia Corporation, 329 Alfred Avenue, Teaneck, New Jersey 07666

Hunting — In Massachusetts, a two-day deer season for paraplegics is available in certain regions. In Vermont, special provisions are made for spinal cord injured persons to hunt from their cars. For further information, contact your state Fish and Wildlife Agency.

Physical Fitness/Gymnastic Activities — Local Y.M.C.A.'s and Y.W.C.A.'s, as well as Veteran's Administration Hospitals, sometimes offer a variety of gymnastic activities for disabled persons. For information about specific programs, contact the nearest "Y" or V.A. Hospital.

Maine — Leisure Center for the Handicapped, University of Maine at Portland Gym, 96 Falmouth Street, Portland 04101

Massachusetts — Y.M.C.A., 137 Lexington St., Woborn 01801

935-3270

New Hampshire — Y.M.C.A., 17 Prospect St., Nashua 899-2101
Rhode Island — Y.M.C.A., 1225 Park Ave., Cranston 02910 943-0444
Vermont — Y.M.C.A., 266 College St., Burlington 05401

The University of Vermont Saturday Morning Adapted Physical Education Programs provide an opportunity for families, children, and youth in the community to learn and develop sports skills together. Instruction is given in small group settings and focuses on participants' interests and needs. In addition, other activities such as bowling, gymnastics, archery, conditioning weight training, swimming, and others are offered. For information, contact: Dr. Bob Gobin, 208 Patrick Gymnasium, University of Vermont, Burlington, 05401.

Swimming — A number of swimming programs exist throughout New England. Local "Y" 's often provide special hours for pool use by handicapped persons. To determine what swimming opportunities exist in a local area, contact the "Y", the town's recreation department, or the local chapter of the American Red Cross. Swimming programs exist at the following locations:

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Maine — V.A. Center, Togus; Y.W.C.A., Bangor

Massachusetts — Bedford V.A. Swimming Pool, 200 Springs

Rd., Bedford 275-7500

- Boston Parks & Recreation Department, Boston
- City Hall, Room 802, Boston 722-4100, Ext. 135
- Easter Seal Society, 14 Somerset St., Boston 227-9605
- Newton Recreation Department, Newton 969-3171

New Hampshire — Y.W.C.A., 17 Prospect St., Nashua 889-2101

This program offers Red Cross Swimming lessons to people with all disabilities. There is no charge for instruction and medical certification is required.

Rhode Island — Y.M.C.A., 1225 Park Ave., Cranston 923-0444

Vermont — Vermont Achievement Center, 88 Park St., Rutland. Disabled individuals may use this heated pool on an appointment basis. Medical authorization is required. Fees: \$1.00 per adult, \$.50 per child with no charge for attendant.

Howard Johnson Motor Lodge, Williston Rd., S. Burlington, 05401

Disabled persons may use the heated pool. Contact the manager for information about availability.

Competitive Sports

Track and Field — For information on track and field activities, contact:

Connecticut — New Haven Spokebenders, Stan Kosloski, Manager, 101B County Square Drive, Cromwell, 06416

Rhode Island — New England Wheelchair Athletic Association, Paul DePace, 146 Beaufort St., Providence, 02908

Wheelchair Games — The National Wheelchair Games are held each year in June at locations around the United States. To qualify, an individual must first participate in the New England Wheelchair Games. Further information may be obtained by contacting:

- The New England Chapter, National Wheelchair Athletic Association, 50 Central St., W. Brookfield, Mass.,

B. Anderson, Secretary

867-2211

- The National Wheelchair Athletic Association, c/o Ben Lipton, Chairman, 4024 62nd St., Woodside, New York 11377

Information is also available from your state branch of the National Association.

Maine — Mr. Robert Hawkes, Main Road, Orrington

Massachusetts — Bay State Wheelchair Games, P.O. Box 931, Worcester

New Hampshire — Mr. Phil Voucher, 35 Currier Ave., Peterborough

Vermont — The Vermont Mini-Olympic Wheelchair Games are held for three days at standard gymnasiums at Lyndon State College, Lyndon Center.

All events take place in wheelchairs (except those for the blind). Events include: bowling, basketball, archery, riflery, ping pong, volleyball, checkers, chess, shuffleboard, horse shoes, fly casting, and darts. For information, contact: Mini-Olympics, c/o O.C.C.S.A., Inc., 523 East Main Street, Newport 05855

(802)334-2373

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3. RECREATIONAL ORGANIZATIONS

In addition to those recreational organizations listed here, it is suggested that you contact your local "Y", community center, high school, college, or recreation department to obtain information on specific programs in your area.

Maine

- Peoples Regional Opportunity Program, Drop-In Center, St. Anne's Rectory, 342 Main Street, Gorham

- Leisure Center for the Handicapped, University of Maine at Portland Gym, 96 Falmouth Street, Portland 04410

The Leisure Center provides recreational and leisure time activities for handicapped children and adults. This is a free service and some activities are available on a seven day-a-week basis. Activities include: arts and crafts, music, drama, dance and literature, sports, water sports, social programs and programs for parents. Transportation can be provided by the Center, although individuals are encouraged to provide their own.

- Director of Library Services, Portland Public Library, 619 Congress St., Portland
The Portland Library is initiating a unique leisure time program to provide home library services to individuals who are home-bound, caring for young children or for an invalid. For further information, contact the Portland Library.

Massachusetts

- Young Adults Club of the Greater Merrimack Valley,
c/o Easter Seals Society, 26 Chestnut St., Andover 01880

475-1477

This is a social group of disabled and non-disabled young adults (ages 18-30)

who plan and attend monthly social events. Activities include sports events, concerts, and weekend camping trips.

Rhode Island

Leisure Time Services for the Handicapped, Inc., P.O. Box
174, North Kingstown, 02852 294-6372

This organization sponsors and conducts the Rhode Island Special Olympics in cooperation with the Joseph P. Kennedy, Jr. Foundation.

Paraplegia Association of Rhode Island, Inc. (P.A.R.I.), P.O. Box 6906,
Providence, 02940

P.A.R.I. provides social functions, recreational and competitive athletics including swimming, wheelchair basketball and track and field teams.

Summit Club of Rhode Island, P.O. Box 4711, Rumford, 02916

Summit Club provides bowling, swimming, crafts and social events as well as a repertory theater. A new building and program expansion is expected soon.

United Cerebral Palsy of Rhode Island, 300 Knight St., Warwick 738-9730

This organization offers a statewide swim recreational program with a physical therapist available. A residential summer camp for children and adults is also included among its programs.

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4. THEATERS, RESTAURANTS AND SPECIAL EVENTS

Many restaurants, theaters, movie houses and places of public events, although not always completely accessible, can be patronized. A pre-visit and/or phone call will clarify the accessibility to your needs and there is generally willing help to assist when needed.

In Massachusetts, the Boston Garden offers free tickets to most events to wheelchair confined persons and their attendants. The number of available tickets is limited and advance reservations are necessary. For information, contact the Boston Garden business office (telephone: 227-3206).

The following halls have restrooms with stalls for the disabled.

Massachusetts

John B. Hynes Auditorium, 900 Boylston St., Boston

Tel: 262-8000

New England Life Hall, 225 Clarendon St., Boston

Tel: 266-7266

Rhode Island

Providence Civic Center, 1 LaSalle Sq., Providence

Tel: 331-6700

O. INFORMATION SOURCES AND PUBLICATIONS

- 1. NEW ENGLAND SPINAL INJURY FOUNDATION LIBRARY**
369 Eliot Street, Newton Upper Falls, Massachusetts 02164
Tel: (617) 964-0521

The New England Spinal Cord Injury Foundation Library offers a unique collection of resource data on spinal cord injury and rehabilitation to the entire six state region. Informational materials will include texts, journals, papers, magazines, brochures, and reprints of articles relating to the spinal cord injured and other disabled persons.

- 132** Although the Spinal Injury Foundation Library will not officially open until September 1976, basic resource materials are available and the clearinghouse operation begins April 15, 1976. Publications of the Foundation will be sent on request; books and magazines can be lent out, and resource documents will be copied and mailed.

Beginning in September, the library will be open Monday through Friday from 9 a.m. to 5 p.m. to all interested persons wishing to study spinal cord injury and its system of care. Some materials must be used on the premises. Others will be offered for circulation, and copies of documents will be supplied upon request. Pertinent films and tapes will also be available.

For further information, call the Spinal Injury Foundation Librarian, Kristine Harnisch, at the number listed above. Weekly orientation and training programs in the utilization of the information center will be provided.

2. SUBSCRIPTION PUBLICATIONS

The following journals and magazines contain various articles on legislative concerns, housing, education, employment, and general interest topics. They also provide a good resource for new equipment ideas.

- *MAP Newsletter*
P.O. Box 48, Bedford, Massachusetts
Subscription rate: \$2 or by membership
- *Rehabilitation Gazette*
4502 Maryland Avenue, St. Louis, Missouri 63108
Subscription rate: \$2 for disabled persons, \$4 for non-disabled persons - annually
- *Paraplegia News*
935 Coastline Drive, Seal Beach, California 90740
Subscription rate: \$3.50 - monthly
- *Accent on Living*
P.O. Box 726, Bloomington, Illinois 61701
Subscription rate: \$2.50 - quarterly

- *Rehabilitation Literature*
National Easter Seal Society, 2023 W. Ogden Ave., Chicago, Illinois 60612
Subscription rate: \$10.00 - monthly
- *Performance*
President's Committee on the Employment of the Handicapped, Washington, D.C. 20210
Subscription rate: free - quarterly
- *The Squeaky Wheel*
Monthly newsletter of the National Paraplegia Foundation
333 North Michigan Avenue, Chicago, Illinois 60601
Subscription rate: free with membership or by subscription - monthly
- *Achievement*
925 N. E. 122, North Miami, Florida 33161
Subscription rate: \$1 per year - monthly
- *American Journal of Physical Medicine*
Williams and Wilkins and Company, 428 E. Preston St., Baltimore, Md. 21202
Subscription rate: \$12.00 - bi-monthly
- *Handy-Cap Horizons*
3250 East Loretta Drive, Indianapolis, Indiana 46227
Subscription rate: \$2.00 - quarterly
- *International Rehabilitation Review*
219 East 44th Street, New York, New York 10017
Subscription rate: Subscription included with membership - quarterly
Editions in English, Japanese, Spanish and French
- *Journal of Rehabilitation*
1522 K Street, N.W., Washington, D.C. 20005
Subscription rate: \$5.00 - bi-monthly
- *National Association of the Physically Handicapped, Inc., Newsletter*
76 Elm Street, London, Ohio 43140
Subscription rate: \$1.00 per year or free with membership - quarterly
- *National Hookup*
5036 Mason Street, Riverside, California 92503
Subscription rate: \$1.50 - monthly
- *National Star Newsletter*
6219 Naper Avenue, Chicago, Illinois 60631
Subscription rate: \$1.50 - bi-monthly
- *The Spokesman*
Western Disabled Alliance, Inc., Box 444, San Lorenzo, California 94580
Subscription rate: \$1.00 - quarterly
- *Social and Rehabilitation Record*
Government Printing Office, Superintendent of Documents, Washington, D.C. 20402
Subscription rate: \$6.40 - monthly

- *The Advocate*

Newsletter published by the Boston University Committee for Handicapped Students, George Sherman Union, Room 411, 755 Commonwealth Avenue, Boston, Massachusetts

- *SCI News*

Spinal Injury Foundation, 369 Elliot Street, Newton, Massachusetts 02164
Subscription rate: Free - bi-monthly

3. RESOURCE PUBLICATIONS

The following publications focus upon some of the special problems encountered by persons with spinal cord injury. They contain general information about topics such as skin care, diet, bowel and bladder care, sexual function, activities of daily living, expectations, general rehabilitation, and mention various organizations which provide assistance to spinal cord injured persons.

- *Handbook of Care for Paraplegic and Quadriplegic Individuals*

by Judith Kreznel, R.N., and Lois Roher, R.N., Published by the National Paraplegia Foundation, 33 North Michigan Avenue, Chicago, Illinois
Single copies: \$1.00

- *The Realities of Spinal Cord Injury*

Sacred Heart Rehabilitation Hospital, 1545 S. Layton Blvd., Milwaukee, Wisconsin 53215
Free, on request.

- *Primer for Paraplegics and Quadriplegics*

The Institute of Rehabilitation Medicine, New York Univ. Medical Center, 400 East 34th Street, New York, New York 10016
Free, on request.

- *National Paraplegia Foundation Bibliography*

National Paraplegia Foundation, 333 N. Michigan Ave., Chicago, Ill. 60601
The NPF publishes a yearly bibliography of basic paraplegia publications. Many of the articles are technical in nature, but an equal number would be of interest to a cross section of those concerned with spinal cord injuries.

- *Spinal Cord Injury Handbook*

Rancho Los Amigos Hospital, 7601 E. Imperial Hwy., Downey, Calif. 90242

- *Spinal Cord Injury – Hope Through Research* – 20 cents

- *What You Should Know About Paraplegia* – 25 cents

Superintendent of Documents, United States Government Printing Office, Washington, D.C. 20402

- *Paraplegia, The Man and the Problem*

Paralyzed Veterans of America, Inc., 7315 Wisconsin Ave. Suite 301W., Washington, D.C. 20014

- *A Source Book/Rehabilitating the Person with Spinal Cord Injury* – 75 cents

Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402

- *Activities of Daily Living* – \$1.00

By Edith Buchwald Lawton, Inst. of Rehabilitation Medicine, 400 East 34th Street, New York, New York 10016

- *A Bladder and Bowel Training Program for Patients with Spinal Cord Injury*
Inst. of Rehabilitation Medicine, 400 E. 34th St., New York, N.Y. 10016
- *Manual for Training the Disabled Homemaker* — \$1.00
Inst. of Rehabilitation Medicine, 400 E. 34th St., New York, N.Y. 10016
- *Aids to Independent Living*
By Lowman and Klinger, Inst. of Rehabilitation Medicine, 400 E. 34th St., New York, N.Y. 10016
- *Designing for the Handicapped*
By Goldsmith, Royal Inst. of British Architects, 66 Portland Place, London W1, England
- *Physical Management for the Quadriplegic Patient*
Jack R. Ford and Bridget Duckworth, F. A. Davis Company, Philadelphia, Pennsylvania
- *Mealtime Manual for the Aged and Handicapped*
Inst. of Rehabilitation Medicine, 400 E. 34th St., New York, N.Y. 10016
Hard cover \$5.95 Soft cover \$2.00
- *Independent Living of the Handicapped and Elderly*
May, Waggoner, Hottle, Houghton Mifflin Co., Boston
- *What You Can Do For Yourself - Hints For The Handicapped*
Patricia Galbreath, Drake Publishers Inc., New York, New York
- *Wheelchair Bathrooms*
Paralyzed Veterans of America, Inc., 3636 16th St. N.W., Washington, D.C. 20010
- *Kitchens for Women in Wheelchairs*
Univ. of Illinois, College of Agriculture, Extension Service in Agriculture and Home Economics, Urbana, Illinois
- *"Spinal Cord Injury: Its Realities and Psychological Processes"*
By Karen M. Jasper, unpublished paper available from New England Spinal Cord Injury Foundation, 369 Elliot St., Newton Upper Falls, Mass. 02164.

4. BOOKS OF GENERAL INTEREST

Many of the following books are autobiographical in nature and focus upon the author's perception of his handicap and his unique adjustment process.

- *A Caste of Heroes* by Lona B. Kennery
Published by Dodd Mead and Company, New York, 1966. Available for \$2.50 from the National Paraplegia Foundation. This book is the story of a group of young men in a paraplegic ward of a large V.A. Hospital.
- *A World to Care For*
The Autobiography of Howard A. Rusk, M.D., Random House Publishing House, New York, 1972, \$7.95. This is Dr. Rusk's account of how he made rehabilitation an accepted and fundamental aspect of medicine as he developed the Institute of Rehabilitation Medicine (Rusk Institute) in New York City.
- *The Brave World of Hilary Pole* by Dorothy Clark Wilson
McGraw Hill Book Company, New York, 1972, \$5.95. This is the story of Hilary Pole, severely disabled, who with the assistance of the environment

control system-POSSUM began a new period of re-communication with her world.

- *Take My Hands* by Dorothy Clark Wilson
McGraw Hill Book Company, New York, 1963. This is the story of an Indian woman doctor who suffered a spinal cord injury in an automobile accident and subsequently became hand surgeon and rehabilitation specialist.
- *Physical Disabilities, A Psychological Approach* by Beatrice Wright
Harper and Row Publishers, New York, N.Y., 1960, \$19.00. This is a somewhat technical book, but conveys significant information about the adjustment to a physical handicap.
- *It's Great To Be Alive* by Roy Campanella
- *A Laughter In The Lonely Night* by Henry Viscardi, Jr.
Paul Erickson, Inc., New York, 1961
- *A Long Way Up: The Story of Jill Kinmont*
Harper and Row, Inc., New York, N.Y., 1966
- *A Special Way of Victory: A Courageous Woman Overcomes the Handicaps of Cerebral Palsy* by Dorothea Waitzmann
John Knox Press, Richmond, Virginia, 1964
- *Farewell to Fear* by Toni Keitlen
Bernard Geis, Inc., New York, 1960
- *Give Us the Tools: A History of Abilities, Inc.* by Henry Viscardi, Jr.
Paul Erickson, Inc., New York, 1959
- *Seeing Eye Wife* by Virginia Moore
Chilton Co., Philadelphia, Pa., 1960
- *They Wouldn't Quit: Stories of Handicapped People* by Ravina Gelfand and Letha Patterson
Lerner Publications, Minneapolis, Minnesota, 1962
- *Your Handicap—Don't Let It Handicap You* by Sarah Splaver
Julian Messner, New York, 1967

5. LIBRARY SERVICES FOR PHYSICALLY HANDICAPPED

Persons with physical disabilities are eligible for special library services, including talking book machines, tape players, large print books and reading aids. In addition, framed reproductions of famous paintings suitable for hanging on walls to brighten up a room may be borrowed for several months. Most libraries also provide a book drop-off service, either by mail or by private delivery. To utilize these services, phone your local library.

Maine

The Portland Library is initiating a program to provide home services to individuals who cannot get out of their own home or into the library, including those who are housebound providing care to young children or caring for an invalid. Contact Doris Gerber at the Portland Public Library for further information.

Library Services,
Portland Public Library,
619 Congress St.,
Portland, Maine

Vermont

"Vermont Bookfetch" will let anyone receive library books by mail, postage paid. Books are loaned for a one month period. Only books that are listed in the Vermont Bookfetch catalogue can be ordered. Contact your local library or: Special Service Unit, Department of Libraries, 111 State Street, Montpelier, 05602 (802)223-2311 Ext. 327

6. FILMS

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- The following films are available through the University of Illinois:
 - A visual depiction of a quadriplegic in various activities of daily living (e.g. dressing, bowel and bladder training, showering and grooming, and driving);
 - *The Homemaker with Weak Upper Extremities* (Quadriplegia); and
 - *The Homemaker with Incoordination*.Rental is free for short term use. For information about obtaining these films, contact: Media Resources Branch, National Medical Audiovisual Center (Annex), Station K, Atlanta, Georgia 30324.
- Films available on wheelchair sports activities were developed by Robert Hawkes and he will show the films to groups as his time allows. Contact Mr. Hawkes, Main Road, Orrington, Maine.
- "No Man Walks Alone" is a film depicting the progress of an accident victim through a rehabilitation center. Contact the National Paraplegia Foundation.
- There are several films available dealing with the employment of the handicapped and architectural barriers. Contact the Maine Office on Employment of the Handicapped, 32 Winthrop Street, Augusta, Maine or the Mass. Association of Paraplegics.
- "Stigma I and II" are two radio documentaries about physical disabilities produced by the Center for Independent Living Inc., 2725 Haste Street, Suite 207, Berkeley, California 94704. The first is a frank and informative discussion of living and loving. The second emphasizes the importance of organizing the disabled. Copies: \$10.25 to the non-disabled; \$3.00 to the disabled.
- Cinema Pictures, Inc., Robert G. Discus, 10212 Noble Avenue, Mission Hills, California, 91340. Free list of medical-educational films, including films on trauma, transfer, and driver training of quads.

- "Like Other People" portrays a severely disabled couple in an independent living situation. Available through: Boston University, Abraham Krasker Memorial Film Library, School of Education, 765 Commonwealth Avenue, Boston, Mass. Fee - \$10.00. Tel: (617) 353-3272
- "Changes" explores the process of rehabilitation in spinal cord injury. Produced by the Craig Rehabilitation Institute, Denver, Colorado. Available through Everest and Jennings, Bensonville, Illinois. (312) 569-2680.
- The Massachusetts Association of Paraplegics has a film on architectural barriers available for loan to local community groups. "Beating the Averages" is aimed at developing greater attitudinal awareness of physical barriers. Further information is available by contacting:
M.A.P., P.O. Box 48, Bedford, Mass. 01730

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7. BIBLIOGRAPHIC REFERENCE TO OTHER CHAPTERS IN RESOURCE DIRECTORY:

Accessibility and Architectural Barriers

Education

Employment

Recreation

Sexual Functioning

Transportation

GLOSSARY

.B.	Architectural Barriers.
adaptive	Modified for easier use by the disabled.
.D.L.	Activities of Daily Living; those tasks that a person performs on a day-to-day basis.
advocacy	The act of defending or recommending a cause; to speak or write in support of a specific cause.
.F.D.C.	Aid For Dependent Children.
affirmative Action	The hiring and promoting of individuals regardless of race, sex, national origin, ancestry or disability, providing the individual can perform at the minimum accepted standards.
architectural Barriers	Building design which limits useage by mobility-impaired persons.
bladder	The sac that collects urine from the kidneys where it remains until it is discharged from the body.
bowling Chute	A metal or wooden ramp adaptation that enables a severely physically disabled person to bowl.
brace	An appliance utilized to support a part of the body to facilitate or improve function.
catastrophic	Severe or abrupt change; disastrous.
catheter	A hollow tube used to drain fluids from the body, especially one passing into the bladder to draw off urine.
Center for Independent Living	Housing for severely physically disabled persons that offers attendant care as well as such support services as education, employment and transportation.
C.H.I.P.	Catastrophic Health Insurance Plan; a program of the Rhode Island Division of Vocational Rehabilitation.
clearinghouse	An operation that disseminates a wide range of information sources.
communal	Of or pertaining to group living.
compliance	The act of yielding or meeting the requirements of.
consumer	One who uses a commodity or service; spinal cord injured person, or parent or spouse of that individual.
depression	A mental state characterized by dejection, withdrawal and sadness.
D.E.S.	Division of Employment Security; state agency that provides unemployment compensation and employment assistance.
discrimination	Prejudice or partiality in attitudes, actions or reactions; show of bias against minorities or disabled individuals.
D.O.T.	Dictionary of Occupational Titles; source manual used by D.E.S. to determine job classifications.
D.V.R.	Division of Vocational Rehabilitation; state agency that provides services to disabled persons seeking employment.
E.M.S.	Emergency Medical Services, a state agency charged with the development of a network of emergency medical care systems.
Environmental Equipment Control Unit	Electronic unit that assists people who cannot use their hands. Power is generated by mouth, shoulder or eye control monitors for devices which aid in the usage of typewriters, telephones, etc.

Fee For Service	Payment made to a person or agency that provides program or service.
F.I.C.A.	Federal Insurance Contribution Act (enacted 1935, effective 1937); familiarly known as "Social Security percentage deducted from one's wages or salary, which is matched by the employer to be distributed at retirement.
Follow-up/follow along services	Continuing assistance that takes place after release from direct treatment; medical, vocational, educational and support services which follow hospitalization.
Hand Controls	Adaptive equipment which allows persons with limited use of their extremities to drive motor vehicles.
Hemiplegia	Paralysis of one side of the body.
H.E.W.	Department of Health, Education and Welfare.
I.C.C.H.S.	Intercampus Committee For Handicapped Students; an organization based at Northeastern University which provides information and assistance to handicapped students throughout the metropolitan Boston area.
Inpatient	A patient who is housed as well as medically treated at hospital or rehabilitation facility.
Legislation	The process of formulating and enacting laws.
L.I.V.E.	Life-Independence-Victory-Equality; a consumer group in Burlington, Vermont.
M.A.P.	Massachusetts Association of Paraplegics; chapter of the National Paraplegia Foundation.
M.C.O.H.	Massachusetts Council of Organizations of The Handicapped; an "umbrella" consumer organization which serves as a clearinghouse and coordinator for groups representing the handicapped.
Medicaid	A government program financed by federal, state and local funds which provides hospitalization and medical insurance for persons of all ages within prescribed income limits.
Medical	Pertaining to the science or practice of medicine; having curative properties.
Medicare	A Federal program providing hospitalization insurance and voluntary medical insurance for disabled persons and people aged 65 and over.
Neurosurgeon	A physician specializing in the branch of medicine dealing with the surgery of nerve tissue.
N.I.H.	National Institute for Health; research arm of H.E.W. in the field of health.
N.P.F.	National Paraplegia Foundation; a broad-based advocate for paralyzed persons in the United States.
N.R.A.	National Rehabilitation Association; organization for rehabilitation professionals.
O.J.T.	On-the-job training; learning a job and/or skill by actually performing the task.
Orthopedist	A physician who specializes in the preservation and restoration of the function of the skeletal system.
O.T.	Occupational therapy; a skilled profession which assesses and treats physically disabled persons by using selected activities to promote development or return of function; process of teaching techniques to develop independence in A.D.L.
O.T.R.	Registered Occupational Therapist.
Outpatient	One who receives treatment at a hospital, clinic or dispensary but is not hospitalized.

"Para", Paraplegic	A person who is paralyzed in the lower portion of the body and in both legs.
Paresis	Condition characterized by partial paralysis.
P.A.R.I.	Paraplegia Association of Rhode Island. State consumer organization; chapter of the National Paraplegia Foundation.
P.D.A.I.	Physically Disabled Association Inc.; a consumer group formed to insure the social and economic betterment of disabled residents of Vermont.
Plastic Surgeon	A physician who specializes in restoration and reconstruction of body structures that are defective or damaged by injury or disease.
Private Insurer	A profit-making firm that insures people for illness, injury or death.
Psychiatrist	A physician who specializes in the study, treatment and prevention of mental disorders.
Psychological	To do with the study of the mind.
Psychotherapy	A method of treating disease, particularly nervous disorders, by mental rather than by physical means.
P.T.	Physical therapy, the treatment of disease, bodily weakness or defect utilizing physical agents such as water, light, heat, and massage rather than drug therapy.
"Puff and suck"	The method of electronically operating a wheelchair or environmental control unit by breathing in or out.
"Quad", Quadriplegic	A person paralyzed in all four extremities.
Rehabilitation	The process of restoring a person who has been ill or disabled to a useful and meaningful life by means of counseling, education and/or therapy.
R.N.	Registered Nurse; a graduate nurse who has been registered and legally licensed to practice by state authority.
Sliding scale	A set of fees that is adjusted to fit a person's income or ability to pay.
Spinal cord	A column of nervous tissue contained within the spinal column; all nerves to the trunk and limbs are issued from the spinal cord; the center of reflex action containing the conducting paths to and from the brain.
Spinal cord injury	Damage to the spinal cord through accident which results in partial or complete paralysis.
S.S.D.I.	Social Security Disability Insurance; an insurance program for persons who have worked a specified number of quarters and have contributed to the social security fund.
S.S.I.	Supplemental Security Income; an income program based on need.
T.B.C.B.	Transportation Barriers Compliance Board; Committee formed to present recommendations to Congress and the President, and to generate legislation or executive action to eliminate architectural barriers.
Tetraplegic	A person who has paralysis of all extremities (syn. quadriplegic).
Traction	Deliberate and prolonged pulling of a muscle, as by weights, to correct dislocation, relieve pressure, etc.
Transitional	Passing from one state of existence to another; an intermediate living environment between a hospital and independent living.

Urinary Tract	Ducts and organs that are involved in the excretion of urine, including the kidneys, urethral tubes, urinary bladder and urethra.
Urologist	A physician who specializes in medical and surgical management of the urinary system and related organs.
V.A.; Veterans Administration	Federal government agency responsible for services to veterans of the United States Armed Forces.
Vertebrae	The 33 bony segments of the spinal column.
V.N.A.	Visiting Nurse Association; home health agency.

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