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CHAPTER 10
EDUCATION

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EDUCATION

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EDUCATION

A. INTRODUCTION

Today's adults, whether disabled or non-disabled, have more education opportunities than ever before. They participate in education programs for a variety of reasons: for self-growth and personal satisfaction, to increase the respect of family members, to have more opportunity for job advancement, to get an increase in pay, and as a means of getting involved in the community.

This chapter will explain the general types of programs available in the Milwaukee area. It will also discuss the things a disabled person should consider when selecting a school to attend.

B. COLLEGES AND UNIVERSITIES - WHAT TO LOOK FOR

Making the right choice of a college or university is a difficult task. There are many things to consider, even for those who do not have a disability. Some of the decisions that must be made are:

1. geographic location
2. resident or commuter
3. cost and financial assistance
4. type of academic programs available
5. employment opportunities while attending school
6. social incentives

If you have a disability, there are other factors that must go into your choice of a school. A school is similar to your home; whatever support services are available at home must be available at school. Some of the general things that must be considered are:

1. Is the campus free of architectural barriers?
2. Is there an attendant care program on campus?
3. Is there a disabled students organization?
4. Is there adequate transportation available?
5. Are there resources for the visually impaired?
6. Are there resources for the hearing impaired?
7. Is there a special office for disabled students that can help with financial aid, counseling, volunteer assistance, note-taking, etc.?
8. Is there a wheelchair repair service?
9. Is there a recreation/leisure program that meets the needs of disabled students?
10. Are there vocational counseling and job placement services that consider the special needs of disabled students?

These questions have been provided to make you aware of your own special needs. When choosing a college or university to attend, whether it is in-state or out-of-state, be sure to ask questions, and get definite answers. Doing so ahead of time will help you avoid problems during your college career.

For a list of the colleges and universities in the Milwaukee area, see "Schools - Colleges & Universities (academic)" in the Yellow Pages.

C. UNIVERSITY OF WISCONSIN - WHITEWATER

The University of Wisconsin - Whitewater, located in South-eastern Wisconsin, is less than a half hour's drive from Milwaukee. It is specially mentioned here because it is designed to encourage disabled students to participate in all facets of their undergraduate and graduate programs. However, the major emphasis is on the role of the student.

Although the disabled student is responsible for his own academic and personal program, the Rehabilitation-Education Services program will work with the student to help develop the necessary resources to accommodate his/her disability.

A pre-enrollment evaluation is strongly encouraged to ensure that the necessary support services are available. This is generally done the semester before admission.

UNIVERSITY SERVICES

Some of the services offered at Whitewater are:

1. Career counseling
2. Tutorial services; individual and group tutoring sessions are offered in most subject areas and generally free of charge
3. Advising
4. Financial aid
5. Learning skills center; provides assistance to increase reading, writing and math skills. This is offered as a credit course.
6. Placement offices; assists students with job placement after graduation.
7. Speech and Hearing Clinic; offers free hearing evaluations and speech therapy.

SPECIALIZED SERVICES

Whitewater offers a wide variety of services for the severely disabled student in order to assist them to successfully participate in University life. Among these services are:

1. Transportation; a weekly fee is charged
2. Wheelchair repair and maintenance service; there is a charge for the needed parts.
3. Taped textbooks, braille and large print services are available for the visually impaired; there is a charge for some methods of reproducing textbooks.
4. Reader services; this is sometimes done by volunteers and therefore, helps to eliminate any charges.
5. Attendant care for hire; assistance will be provided with attendant recruitment and training (for students who complete the on-campus evaluation)
6. Mobility orientation for the visually impaired
7. Assistance in applying for financial aid.

PHYSICAL THERAPY AND FUNCTIONAL TRAINING

Services offered in these areas are:

1. Special testing available to the visually impaired, learning disabled and those students with severe motor impairments with difficulty in writing.
2. Training is available in dressing, showering, grooming, wheelchair transfer and general wheelchair handling skills.
3. Consultation on prosthetic/orthotic needs as well as adaptive equipment.
4. Attendant Care Training.

ACCESSIBILITY

All major academic areas and programs are designed to provide maximum accessibility, including curb cuts, ramps, elevators, automatic doors, etc.

HOUSING

Wells Hall is a University-owned residence hall with full accessibility for the disabled student. All the University halls are open to disabled students if they do not require any special modifications.

CAMPUS ACTIVITIES

A wide variety of recreational activities are available for the disabled student including swimming, bowling, basketball, track and field, table tennis and canoeing.

For more information on the admissions procedures and the above listed programs, contact:

UW-Whitewater Baker Hall
Admissions Office Whitewater, Wisconsin 53190

D. TECHNICAL AND VOCATIONAL TRAINING



Accessibility, cost, location, and whether special services are available for disabled students must also be considered when choosing a training program to attend. Compared to a university, the completion of a training program leads more directly into employment. So, career choice is a major consideration to keep in mind. When selecting a school, its overall credibility should be checked, as well as its job placement rate for students who complete a particular program.

An important source of occupational information is available at the downtown library. It is a two-volume study entitled the "Wisconsin Career Information System" and it provides thorough occupational information both county- and state-wide. For over 600 occupations, there is a job description as well as workers' opinions on the advantages and disadvantages of that occupation. The study also describes the methods of entry into the job, such as experience, apprenticeship, degree, and the recommended or required courses for the training program. Finally, it discusses opportunities for advancement, provides salary information, and presents the current and long-range employment outlook for the occupation. This text, along with many other sources of information, is available at:

278-3000

MILWAUKEE CENTRAL LIBRARY

814 W. Wisconsin Ave.
Milwaukee, WI 53233

For information on a particular training program, call the school that offers it. See "Schools" in the Yellow Pages.

E. COMMUNITY EDUCATION

A community education class or continuing education class is offered for one main reason: because a group of people have expressed interest in learning about a particular subject. The emphasis in community or continuing education is not on what people "should" learn, but on what people "want" to learn.

Milwaukee is a community-oriented city. There are numerous community education programs with classes and facilities in neighborhoods. They are there for you to participate in. A list of all the programs available would be incomplete, because many programs are seasonal. Also, the programs that are offered change often.

The best way to find out what community education classes are available is to get on a mailing list. The YMCA and YWCA are good places to start. Another would be your local church, school, or parish. These institutions publicize special events and educational opportunities through bulletins and flyers. If there is a block club where you live, they might have information. Or, there might be a community health center that serves your neighborhood and that offers interesting education/outreach programs. Check your local supermarket's bulletin board, too.

Following are major educational institutions in Milwaukee that offer community education or continuing education classes. Call them and get on their mailing lists.

UNIVERSITY OF WISCONSIN-EXTENSION

963-5925 Continuing Education

MILWAUKEE AREA TECHNICAL COLLEGE
Admissions & Registration Information

278-6370 Day School

278-6686 Evening School

MILWAUKEE PUBLIC SCHOOLS
Division of Municipal Recreation & Community Education

475-8190 Adult Classes

475-8193 Programs for Exceptional Education Students
& Disabled Adults

MARQUETTE UNIVERSITY

224-7345 Continuing Education

F. ADULT EDUCATION



"Adult basic education" is a general term for education programs for people over seventeen years of age who read at the eighth grade level or below. These programs focus on the development of basic reading and math skills. "GED programs" help adults prepare for the GED tests.

"GED" stands for General Educational Development, and a person who takes and passes the GED test earns his High School Equivalency Diploma. This diploma is as acceptable as a regular high school diploma in meeting the requirements for a job, or for admission to a college or technical training program. There are five tests that make up the GED, and they are given in the following order:

1. Writing Skills (english grammar)
2. Social Studies
3. Natural Science
4. Reading Skills
5. Mathematics

The cost to take the GED test is \$10, and pre-registration is required. For more information about where and when the GED test is given and how to sign up for it, call:

278-6233 MILWAUKEE AREA TECHNICAL COLLEGE
Counseling Center

A person who fails any of the five tests must wait 90 days before taking it again. The retest fee is \$2 per test. Special arrangements can be made to take the test in Spanish, to take it on tape, or to have assistance in recording the answers on the answer sheet. The test may not, however, be read to a person.

Passing the GED test can be the first step toward getting into a technical training program, getting a pay raise, or finding a more challenging job. Without the High School Equivalency Diploma these opportunities might not be available and so, for a disabled or non-disabled person, not having this diploma can be a "handicap" in itself.

A person is not required to attend classes before taking the GED test. Instead, he can buy GED practice books at many area bookstores and study for the test on his own. However, for those who prefer to attend classes, there are a variety of programs in Milwaukee. Classes are held in the daytime and in the evening. Some classes meet every day, and others just once a week. Besides the usual classroom setting for instruction, GED preparation is offered on TV Channel 10/36 through Milwaukee

Area Technical College. This method of study would be especially suitable for a homebound person. Some programs require attendance on a term-by-term basis; others allow students to enter or drop out of classes at any time.

Adult basic education classes are for the purpose of improving an adult's reading and math skills. This area of adult education also includes "literacy training", or learning how to read. Every effort is made in adult basic education classes to meet a student's individual learning needs. Generally, instruction is provided to small groups of students who are at a similar reading level.

"ESL" refers to English as a Second Language, and ESL classes are a part of many basic education programs in Milwaukee. These classes are for people who are non-English speaking or limited in their use of English, and who want to improve their conversational, reading, and/or writing skills in English.

Presently, there are 22 different organizations in the Milwaukee area that offer adult education programs. Basic Education for Adults: A Resource Directory for Southeastern Wisconsin describes these programs. The booklet is available free of charge by contacting:

963-4934 EMPLOYMENT & TRAINING INSTITUTE

UW-M Enderis Hall
P. O. Box 413
Milwaukee, WI 53201

This booklet is also available for use at SEWCIL. It can help a person decide on the best classes to attend, based on the cost (if any), hours, and location. The booklet also states whether the building the program is located in is accessible.

G. SPECIAL SCHOOLS AND MAINSTREAMING

MILWAUKEE PUBLIC SCHOOLS

The Milwaukee Public Schools (M.P.S.) divides its programming into two major areas: general services and exceptional education programs. The exceptional education programs are:

1. autistic program
2. deaf & hard of hearing
3. generic early childhood
4. emotionally disturbed
5. home & hospital
6. learning disabilities

7. physically handicapped
8. mentally retarded
9. school age parents
10. speech and language disabilities
11. visually handicapped

These exceptional education programs are located at various elementary, middle, and high schools in Milwaukee. For specific school locations of the above programs, contact:

799-1122 M.P.S. INFORMATION CENTER

For more information on the preceding exceptional education programs at M.P.S., contact:

475-8783 M.P.S.
Exceptional Education

The amount of time that an M.P.S. student spends in an exceptional education program depends on the individual's needs and the severity of the disability. In those areas where a disabled student can successfully function with peers in the regular school program, the student is encouraged to do so. This practice of including disabled children in regular classrooms whenever appropriate is called "mainstreaming".

When parents or a teacher, doctor, social worker, or other professional suspect that a child might have an exceptional education need, this is reported to the child's local school or to the school district. With the parents' consent, the child is then referred to an M-Team (Multidisciplinary Team) for evaluation. The M-Team is made up of professionals such as a special education teacher, reading specialist, speech/language therapist, psychologist, regular classroom teacher, and social worker. This M-Team identifies the specific needs of the child and then develops an appropriate education plan for that child. This plan is called an I.E.P. (Individualized Education Program) and spells out in detail how and where special services will be given to a student. It must be approved by the student's parents.

OTHER PROGRAMS

258-8150 WAUWATOSA PUBLIC SCHOOLS
SPECIAL SERVICES DEPARTMENT

7420 W. State Street
Wauwatosa, WI 53213

744-0136 ST. JOHN'S SCHOOL FOR
THE DEAF

3680 S. Kinnickinnic Avenue
St. Francis, WI 53207

This private education program serves children 3 to 19 years of age who are deaf or severely hearing impaired. Its financial support comes from tuition, contributions and fund raising events.

257-6793 CHILD FIND

2930 S. Root River Parkway
Milwaukee, WI 53219

This private non-profit organization will work with the parents or significant others and their disabled children in relation to finding appropriate services, e.g. school and rehabilitation programs, etc.

In addition, when you have specific questions concerning school programs for disabled children please refer to your community's school listing and ask for information regarding Special or Exceptional Education Programs. Refer to them in either the white or yellow pages (listed under Schools).

H. DIVISION OF VOCATIONAL REHABILITATION (DVR)

The Wisconsin Division of Vocational Rehabilitation provides financial and material assistance for a disabled individual to attend an education or vocational training program, provided that the program will contribute to a person's employability.

For an explanation of DVR's services, see Section D of Chapter 4 or Section B of Chapter 11.

I. VETERANS ADMINISTRATION (VA)

Persons who have served in the military may be eligible for educational assistance through the Veterans Administration. Eligibility and the amount of benefits depend on when the person served, for how long and the level of enrollment in school (e.g., full-time, half-time). The VA also provides vocational and educational counseling. Other VA programs that are related to education include:

1. Loans - eligible veterans may also receive loans for college or other vocational training programs. The loans must be repaid with interest and are based on financial need.
2. Vocational Rehabilitation - Vocational rehabilitation services are available to eligible veterans who have a service connected disability. The veteran will be provided with vocational counseling and financial assistance with education or vocational training.
3. Work-Study - Some work-study positions are available through the VA for veterans who enroll in education programs. Those who have a disability are given preference.

4. Benefits for Spouses and Children - The spouses and children of totally disabled veterans are eligible for financial assistance. These benefits usually are available for education beyond the high school level only.

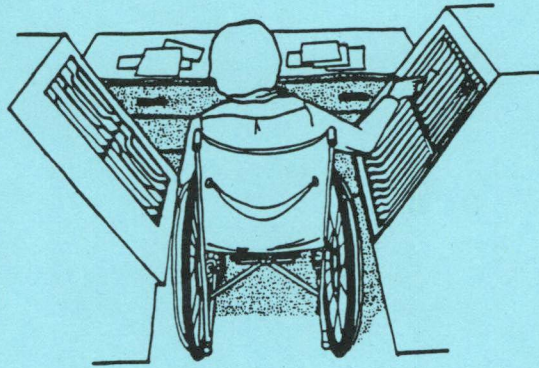
It should be noted that, for the above programs, future revisions in the Federal budget might affect a veteran's eligibility for these benefits.

Booklets with more detailed information about the benefits are available from the VA. For more information, contact:

278-8680 VETERANS ADMINISTRATION

342 North Water Street
Milwaukee, WI 53202

For a general description of the Veterans Administration, see Part A of Chapter 4, "Financial Assistance".



CHAPTER 11
EMPLOYMENT

- A. LEGISLATION
- B. THE ROLE OF DVR IN THE EMPLOYMENT OF THE DISABLED
- C. JOB SERVICE
- D. EFFECTS WORKING CAN HAVE ON BENEFITS YOU RECEIVE
- E. WORKING AND SOCIAL SECURITY BENEFITS
- F. THINGS TO CONSIDER WHEN GOING FOR A JOB INTERVIEW
- G. VOLUNTEERING

EMPLOYMENT

CHAPTER 11

EMPLOYMENT

A. LEGISLATION

You are disabled, qualified, and in need of a job. Looking for work is not an easy task for anybody. Certainly, the difficulties can be compounded if you are disabled. However, affirmative action and non-discrimination programs exist today for the purpose of making it easier for you to get a job. Being aware of these programs will not be a "free ticket" to a job, but they might make it less difficult for you to obtain employment.

There are three programs covering the employment of disabled people. Nation-wide, they cover thousands of employers.

Section 503: Every employer doing business with the Federal government under a contract for more than \$2,500 must take "affirmative action" to hire the disabled. Contracts may be for the acquisition of supplies or services, or for the use of real estate or personal property.

Affirmative Action involves more than encouraging employers to hire more disabled people. It also covers job assignments, promotions, training, transfers, working conditions, terminations, and other work-related arrangements. Affirmative Action also involves encouraging more disabled people to enter the work force.

Section 504: Each institution in the USA getting Federal financial assistance must take steps to assure that the disabled are not discriminated against in employment. Included are: schools, colleges, hospitals, nursing homes, social service agencies, and many more kinds of institutions and establishments.

Section 503 calls for "affirmative action". Section 504 calls for "non-discrimination". In practice, there is little difference in how they affect the disabled in employment.

Vietnam Era Veterans Readjustment Assistance Act: Any employer with a Federal government contract of \$10,000 or more must take "affirmative action" to hire disabled veterans of all wars, and all veterans of the Vietnam Era.

Here, also, Affirmative Action applies not only to hiring, but to all other personnel actions as well.

Essentially, these three programs mean this: Employers subscribing to any of them no longer may screen out people on the grounds of being disabled. The emphasis has shifted away from DISABILITY toward ABILITY.

How can you locate employers covered by these programs? Here are several ways:

1. Local public employment offices should know about government contractors covered by Section 503 and the Veterans program.
2. Nearly all schools, colleges, hospitals, and institutions comply with Section 504.
3. Look over the Help Wanted ads in the newspapers. Some employers are beginning to mention that they hire the disabled.
4. The direct approach: When you apply for a job, simply ask whether the company is covered by any of these programs.

When you apply for a job, be sure you are qualified. This is a must. You will not get a job just because you happen to be disabled. You might get the job because you are qualified.

B. THE ROLE OF DVR IN THE EMPLOYMENT OF THE DISABLED

The Wisconsin Division of Vocational Rehabilitation (DVR) is a state agency that is funded by the Federal government. The goal of this agency is to help the disabled person prepare for and find suitable employment.

To accomplish this goal, DVR provides counseling, guidance, physical and mental restoration, evaluation, training, and job placement services. DVR serves people with physical, emotional, and mental disabilities.

For more information about eligibility for DVR, specific services offered, and the location of DVR offices in the Milwaukee area, see Section B of Chapter 4.

C. JOB SERVICE

The Wisconsin Department of Industry, Labor, and Human Relations is a comprehensive place to begin your employment search. This is the State Job Service. Job Service is a public employment center that helps employers find workers, and workers find jobs. Job Service is mandated by law to work with disabled persons or to refer a disabled person to other agencies to receive the help they need from the proper source.

For blind persons, Job Service will provide reader assistance for taking any state test in applying for a job.

Job Service also operates Unemployment Compensation. It determines benefit rights and pays benefits to qualifying unemployed workers.

Local branches of Job Service operate out of the following locations:

224-4201	Downtown JOB SERVICE Down	819 North 6th Street Milwaukee, WI 53203
224-4801	North JOB SERVICE	4222 West Capitol Drive Milwaukee, WI 53216
224-4008	South JOB SERVICES:	3023 West Greenfield Avenue Milwaukee, WI 53215
257-8990		2363 South 102nd Street West Allis, WI 53227
762-3999		905 Milwaukee Avenue South Milwaukee, WI 53172

D. EFFECTS THAT WORKING CAN HAVE ON BENEFITS YOU RECEIVE

The decision to seek or return to work is not a simple one to make, particularly when you are a disabled person receiving any type of financial assistance from the government.

This decision can affect the amount of benefits you receive, your eligibility for further benefits, and even your eligibility to reapply and receive these benefits at a later date.

Again, this decision should be made very carefully and only after having ALL your facts straight; consult with your caseworker, an advocate or with other knowledgeable persons in the community.

We would recommend contacting the following:

1. The Department of Social Services
2. The Division of Vocational Rehabilitation
3. Social Security Administration
4. State of Wisconsin-Division of Health

For the phone numbers and addresses please refer to our Agencies and Community Resources Chapter 3.

In addition, a more detailed explanation of the effect working can have on your SSI and SSDI benefits follows this section.

E. WORKING AND SOCIAL SECURITY BENEFITS

If you are a disabled person collecting SSI or SSDI and you are thinking about getting a job, ask yourself: Why do I want to work? Your answer might be one of the following:

1. I cannot afford to lose the benefits that I am currently receiving, but I need to earn a little extra money.
2. I want a full-time job. I do not want to depend on the government. I want to support myself and earn more money.
3. I need something productive to do with my time. I want to feel useful.

Each of these purposes for working are, of course, valid. Following are explanations of how the money and services you are receiving now can change, because of income that you receive from employment.

1. I cannot afford to lose the benefits that I am currently receiving, but I need to earn a little extra money.

If you want to work to earn a little extra money but cannot afford to lose the benefits you are currently receiving, then you should find out:

- a. Exactly how much money you can earn, without it affecting the money and services you are receiving now; and,
- b. If you do earn more than this amount, what effects this extra income will have on the money and services you are receiving now.

To find out how much you can earn without it affecting what you are receiving now, or what effect income above that amount will have on the money and services you are receiving now, contact the agency or agencies (Social Security Administration, Department of Health and Social Services) that provide the money or services. Keep in mind that, if you earn above a certain amount, you could lose your eligibility for certain benefits (SSI, SSDI, Medical Assistance, housing subsidy).

2. I want a full-time job. I do not want to depend on the government. I want to support myself and earn more money.

If you want a full-time job so that you can support yourself, not have to depend on the government, and earn more money, then you will have to figure out exactly how much income

you would have to earn, in order to replace the money and services that you are currently receiving. If you find that you cannot earn enough to replace the money and services that you are currently receiving, then you will have to weigh very carefully your reasons for taking a particular job.

To find out exactly how much money you would have to earn in order to equal the amount of money and services that you are receiving now, you need to do the following (Note: Be sure all of the figures you use are on a monthly basis):

- a. Write down the amount of money you are receiving now.
- b. List the specific services that you are receiving now. Include those services that you are eligible for and might need. Examples of services are: subsidized housing, Medical Assistance (doctor bills, medication, dental bills, home health care, special equipment), Food Stamps, and supportive home care services.
- c. For each service listed in (b.), determine the dollar amount that you would have to pay for it, if it were not either free or provided at a reduced cost to you (or, in other words, if you had to pay for it yourself).
- d. Add up the money (a.) and dollar amount for services that you are receiving now or might need (c.).

This total (d.) is the amount that you will have to earn, in order to live at the same level as you are living at now. Keep in mind that your earnings will be smaller, after payroll deductions are made in your paycheck (Federal, state, and local taxes, insurance, union fees, etc.).

Now that you have figured out a total dollar value for the money and services that you are receiving now, ask yourself again: How much will I have to earn in order to equal or exceed what I am currently receiving?

There are other things to consider as well, in relation to employment. For example, what type of health insurance do you have now? What medical expenses do you have now? What kind of health insurance would you have if you were employed? What services would that health insurance cover? Or, more importantly, what services would it not cover?

If you are currently receiving Medical Assistance (Title 19) and if your medical expenses are not costly or frequent, then health insurance coverage might not be of too much concern to you. However, if you receive Medical Assistance and your medical expenses are costly and frequent, you will have to check very carefully into the kind of insurance that your prospective employer offers. You will need to find out whether you are eligible for it, exactly what it will cover, and how much of the monthly premium you will have to pay yourself (none? 25%? 50%).

Your earnings from employment (after taxes have been taken out) might be less than the money and services you are receiving now. In this case, it would actually cost you money to go to work.

If your earnings from employment would be equal to or only slightly greater than the money and services you are receiving now, then you would be "breaking even" by going to work. In this case, what kind of job you take would depend on your reason for working:

- a. If your goal is to make more money than what you are receiving now, you might be better off to take a job that only pays a small amount and that will have no effect on the money and services you are receiving now, but will still add a little to your current income.
- b. If your intention is to become self-sufficient so that you do not have to rely on the government to support you, and you are not as concerned about whether you will make more than you are receiving now, and if the self-satisfaction from earning your own money outweighs most other factors, then taking the job might be a good idea.

If your earnings from employment would be much greater than the money and services you are receiving now, whether you take the job might depend on your medical expenses:

- a. If your medical expenses are not a significant consideration, then taking the job would be to your advantage.
 - b. If your medical expenses are frequent and costly, and if your physical condition is such that these expenses could increase, you would be well-advised to check very carefully into the employer's insurance plan, including its cost and its coverage. If the employer does not offer adequate health insurance, then the additional income you would receive might not be enough to offset the cost of these medical expenses.
3. I need something productive to do with my time. I want to feel useful.

If your reason for wanting to work is strictly self-satisfaction, something to do with your time, and/or being a contributing member of society, then doing volunteer work might be the answer for you. There are many projects and organizations in the community that need help, but cannot afford to pay for that help. Volunteer work can be rewarding. It is satisfying to know that you are doing something that is worthwhile and needs to be done. For more information on volunteering, see Section F of this chapter.

A WORD OF CAUTION:

A plan to earn money by doing work at home can be profitable, depending on the employer. Sometimes, though, the plan causes a person to lose rather than make money. To check the reputation of an employer, contact:

273-1600 BETTER BUSINESS BUREAU 740 N. Plankinton Ave.
of Greater Milwaukee Milwaukee, WI 53203

Also, the Better Business Bureau has a pamphlet entitled "Tips on Work-At-Home Schemes" that describes what to watch out for. To get this pamphlet, send them your request along with a self-addressed stamped envelope.

F. THINGS TO CONSIDER WHEN GOING FOR A JOB INTERVIEW

When a disabled person is being interviewed by an employer, that employer will consider the applicant's disability as well as his ability to do the job. As an applicant, it is your responsibility to show confidence in your ability to handle the job successfully. In order to do this, there are several things you must keep in mind:

1. Attitude. Your attitude toward yourself and your disability will play a large part in the way a potential employer will relate to you. Be open and honest about your disability, but not too "chatty". Stress what you are able to do, but also be willing to tell the employer what your limitations are. Remember, if you feel different, you will be treated as different.
2. Appearance. One of your biggest selling points is your physical appearance, so dress appropriately and neatly.
3. Knowledge of the Job. Be aware of the responsibilities of the job you are applying for. Have an idea of the tasks you might be expected to do. Also, know how the organization is set up, and how your job fits into that set-up. If you do not find out these things before the interview, think about what questions you would ask at the interview. Remember, you want to ask questions that will communicate your interest in the organization, and in the particular job you are applying for.
4. Transportation. Make sure you know how you will get to work each day. Make arrangements ahead of time. Employers want to be assured of good attendance.

5. Work Surroundings. You should be able to make suggestions for changes that could be made in order for you, as a disabled person, to do the job effectively. Try to keep the suggestions inexpensive, if possible.
6. References. Prepare a list of three references (names, addresses, and telephone numbers) to take to the interview. If you have not worked before, they would be personal references. Personal references are people the employer can contact to find out their opinions about your character. If you have worked before, the list should include not only personal references, but also work-related references.
7. Accessibility. It is your responsibility to find out if the building is accessible. Go early to the interview, and check everything over (entrances, bathrooms, etc.)

As with any job applicant at an interview, you will have to "sell yourself". Recognize and admit your limitations when they exist, but stress what you are able to do. Let the employer know that you do not want "special favors" but rather a chance to show that, even though you are disabled, you are able to do the job.

G. VOLUNTEERING



Perhaps you have tried to find a job and have not been successful yet. Or, maybe you cannot or do not want to work for some reason, but are tired of spending time in the house. If so, it would be worthwhile to consider becoming a volunteer.

Volunteering can provide you with experience and references that will be valuable when applying for a job. It is an opportunity to use and improve skills you already have, or to develop new ones. The contacts you make as a volunteer may also be helpful in finding employment. Perhaps even more important, you will be out meeting people who share some of your interests and making new friends.

There are many places that use the services of volunteers. Among them are social service agencies, hospitals, civic clubs, and churches. The following center has a list of organizations that need volunteers:

271-7337 VOLUNTARY ACTION CENTER 161 West Wisconsin Ave.
Milwaukee, WI 53203

Another source to check for volunteer opportunities is the Sunday Milwaukee Journal. In its "Lifestyle" section, there is always a column entitled "Wanted: Volunteers".



CHAPTER 12

ADVOCACY AND BARRIERS

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ADVOCACY AND BARRIERS

A. ADVOCACY

ADVOCACY--WHAT IS IT?
ADVOCACY--A CHECKLIST
ADVOCACY ORGANIZATIONS

B. BARRIERS

ADVOCACY AND BARRIERS

A. ADVOCACY

Advocacy means different things to different people. It is a confusing term, but it shouldn't be. This chapter will attempt to define Advocacy in terms that are relevant to you, the disabled person.

ADVOCACY--WHAT IS IT?

Advocacy is the process in which the disabled person, their families, or significant others assumes responsibility for major life decisions. Assuming this responsibility involves minimizing your reliance upon others as well as understanding your role in the "System of Supports" that surrounds you. This understanding allows you to interact on a one to one (Equal) basis with the persons involved in those "Systems of Support" and to initiate and make changes that may affect you, such as changes in your financial assistance, your living arrangement, employment, or other activities.

Advocacy comes in many sizes and shapes. The majority of opinion is that there are three main types of advocacy;

1. Where the individual or agency advocates on behalf of the disabled person or their family
2. Where the family, agency and the disabled person advocates as a team, and
3. Where the disabled person and the family advocate for themselves.

ADVOCACY--A CHECKLIST

The following is a basic checklist and how to do list that has been put together from many different sources, but we would primarily like to acknowledge Barbara Noone Gibbons and Jacqueline Osborne for their pamphlet, How to Work with the System and Win.

1. Know exactly what you want or need. This can be done by scheduling a meeting with professional advocates.
2. Identify the resources or agencies that can assist you to meet your needs.
3. Learn your rights as a consumer, client or patient. Agencies receiving government funds are required to provide you with this information. If you know your

rights this will make you a better, more effective and efficient user of services.

4. Listen to the other side before going off on a tangent. Remember there are two sides to every story.
5. Remember, always have your facts straight. Go to meetings prepared and always ask what information or facts you need to bring.
6. Keep records of all contacts, meetings and important dates.
7. If your problem is not resolved don't be afraid to rock the boat. You have a right to appeal any decision. Most agencies providing services have formal appeal procedures. Follow them, and if you are still dissatisfied then contact a professional advocacy organization.
8. Be patient and be persistent. Bureaucracies are bogged down with rules and regulations. Don't let them wear you down.

This is a simplistic approach, but it covers many of the advocacy areas. In addition there are many groups and organizations that provide advocacy and advocacy training. A brief listing of the major advocacy organizations follows at the end of this section. For more information in this area, or for a listing of advocacy organizations, please refer to Chapter 3-- Agencies, Organizations and Community Resources.

Wisconsin Disabilities Coalition
4121 N. Larkin
Milwaukee, WI 53211
475-0785

United Association for
Retarded Citizens
611 E. Wells Street
Milwaukee, WI 53202
272-2412

Wisconsin Coalition for Advocacy
2W Mifflin Street
Madison, WI 53703
(608) 251-9600

The Southeastern Wisconsin
Center for Independent
Living (SEWCIL)
1545 S. Layton Blvd.
Milwaukee, WI 53215
643-0910

The National Spinal Cord Injury
Foundation, Milwaukee Area
Chapter
9001 W. Watertown Plank Road
Milwaukee, WI 53226
475-7792

Milwaukee County Commission
for Handicapped and Disabled
Persons
1442 N. Farwell Ave.
Milwaukee, WI 53202
272-5232

United Cerebral Palsy--
Southeastern Wisconsin
152 W. Wisconsin Ave.
Suite 434
Milwaukee, WI 53203
272-4500

B. BARRIERS

Barriers restrict or prevent disabled people from performing or participating in day-to-day activities. Some types of barriers that disabled people face include:

1. Structural barriers
2. Social/attitudinal barriers
3. Psychological barriers
4. Communication barriers
5. Economic barriers
6. Program barriers

A lot of overlap exists among these different types of barriers. Often, one kind causes another kind to exist as well. Each type of barrier is explained below. When reading these explanations, keep in mind how one kind of barrier ties in with another.

1. STRUCTURAL BARRIERS restrict or prevent a person from free and independent movement from one place to another.

Example: A flight of stairs can prevent a person in a wheelchair from entering a building.

Example: To a person who has balance problems, a lack of hand rails is a barrier.

2. SOCIAL/ATTITUDINAL BARRIERS represent attitudes or personal beliefs of members of our society that are based on pre-judgments of what they believe about a particular disability or disabled people in general.

Example: A young disabled person is placed in a nursing home without finding out what other living alternatives are possible or available, simply because the people responsible believe that this is the best thing to do, or that there is no other choice.

Example: A non-disabled person is hired for a job over a disabled person, even though the disabled person's qualifications are equal to or better than the non-disabled person's.

3. PSYCHOLOGICAL BARRIERS are barriers created by the disabled people themselves. They exist when individuals

do not believe that they are capable of doing something that they actually could do.

Example: A disabled person sees no point in going to school to learn a skill, because they do not think they would get hired for a job anyway.

Example: Because something is difficult and they are afraid of failure, the person refuses to try and waits for someone else to do it for them.

Example: A severely disabled person is being unrealistic when they need assistance, but refuse to consider anything other than total independence.

4. COMMUNICATION BARRIERS prevent the free and independent exchange of information.

Example: A person has a severe speech impediment and cannot be understood by the person listening to them, such as a sales clerk in a store.

Example: A blind person cannot read a letter sent to them unless it is on tape or in Braille.

Example: A deaf person cannot use an ordinary telephone because they cannot hear the other person's voice.

5. ECONOMIC BARRIERS restrict or prevent people from performing or participating in day-to-day activities, simply because they cannot afford to do so. Of course, this kind of barrier is not unique to disabled people, but economic barriers can be even greater for disabled people because they have special requirements that must be met in order for them to live independently.

Example: A deaf person needs a special phone system.

Example: Many disabled people need expensive medication on a regular basis.

6. PROGRAM BARRIERS exist when needs of disabled people are not taken into consideration in the planning of a new program or activity.

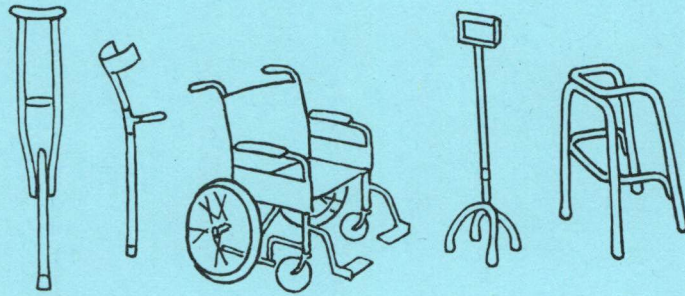
Example: Transportation, both state-wide and nationwide, is not designed with the disabled person in mind.

Every individual would like to live their life as freely and independently as they can. Because of the barriers that exist in our society for a disabled person this is not always possible.

In order to achieve maximum independence, you must first be able to identify the barriers that confront you as a disabled person. It is only after you understand how your freedom and independence are restricted by the barriers you have identified, that you can take any steps toward helping to eliminate them. It is often the lack of information that causes barriers. Knowledge can help remove them.

Suggestions for working toward the elimination of barriers include:

1. Identify barriers, when they exist for you.
2. Communicate your understanding of these barriers to others.
3. Prepare to suggest realistic ways of eliminating the barriers you have identified. Make suggestions and recommendations to people who can have an impact on the removal of these barriers.
4. Take responsibility yourself for eliminating the barriers. Get involved in the decision-making that affects your own life as a disabled person, and get others involved.



CHAPTER 13
EQUIPMENT, ADAPTIVE DEVICES AND CLOTHING

CHAPTER 13

EQUIPMENT, ADAPTIVE DEVICES AND CLOTHING

- A. WHEELCHAIRS
 - TYPES AND FEATURES OF WHEELCHAIRS
 - WHEELCHAIR CUSHIONS
 - WHEELCHAIR REPAIR AND MAINTENANCE
- B. WALKING AIDS
- C. STANDARD EQUIPMENT SUPPLIERS
- D. ORTHOTICS AND PROSTHETICS
 - DEFINITIONS AND TYPES
 - SELECTION
 - MAINTENANCE
 - AREA ORTHOTIC AND PROSTHETIC SUPPLIERS.
- E. RAMPS
- F. SPECIAL EQUIPMENT
- G. REHABILITATION ENGINEERING
- H. ADAPTIVE CLOTHING

EQUIPMENT, ADAPTIVE DEVICES AND CLOTHING

A. WHEELCHAIRS

TYPES AND FEATURES OF WHEELCHAIRS

Wheelchairs are a necessity for many physically disabled people. The purpose of using one is to supply the user with maximum mobility and comfort. Choosing the wrong type of wheelchair could not only restrict a person but could possibly cause physical harm, affecting posture and causing pressure sores.

There are many different types of wheelchairs to fit different individual needs:

1. Manual

A self-propelled wheelchair for persons with adequate hand and arm strength.

2. Electric

Propelled by an electronic lever. Motorized wheelchairs are prescribed for persons who lack sufficient upper extremity strength. Most levers are operated by hand, but others can be controlled by a chin or mouth lever. An electric wheelchair provides traction and power as well as independence for those individuals who have restricted use of upper extremities. Many electric chairs are heavy and cannot be folded. However, a folding chair is now available. An electric chair is more difficult to lift up curbs or steps because of its weight.

3. Breath Operated

Operated through a "puff" and "sip" breath movement, this wheelchair is required by persons with little or no movement below the neck.

4. Sound Sensor

This is a new design using sound wave sensors for operation by the severely disabled.

5. Sportschair

Designed for sports and recreational activities. Many types are available, so check with dealers to be sure the type you want is really what you need for your activity.

6. One Arm Drive

This enables the individual to maneuver a wheelchair from one side in order to assist upper amputees.

There are certain things about a wheelchair that you should be familiar with:

1. Legrests

Legrests are used for the purpose of elevating the legs.

2. Footrests

They are used to support the feet. Footrests are available in detachable and non-detachable forms.

The detachable legrests and footrests are an advantage for people who need a close approach. They are also available with leg panels, heel straps, pop-up footrests and plastic coated footrests.

3. Armrests

Armrests are available in detachable or non-detachable types. The detachable kind is an advantage for side transfer.

a) Desk Length Detachable

Used for close approach to desks, tables, etc.

b) Adjustable Length Detachable

Length of armrest may be determined by type of activity.

c) Wrap Around Detachable

Arm style helps narrow the overall width of the chair to make it easier to get through narrow doorways and hallways.

4. Reclining Backs

Reclining backs are used to assist people to change positions or recline. Available in full reclining and semi-reclining models.

5. Tires

a) Standard

They are adequate for use indoors or for light outdoor activities.

b) Pneumatic

These are recommended for better riding and maneuverability in most outdoor situations and can also add durability. They are available with or without treads.

c) Front Casters

Front casters are available in different sizes with pneumatic, semi-pneumatic, or standard tires.

6. Wheelchair Frames

a) Standard

These are designed for average weight individuals and average activities.

b) Heavy Duty

These are for heavier or larger people and are designed for extensive use.

c) Lightweight

These are designed to provide speed and maneuverability. It weighs ten to fifteen pounds less than the standard chair and, therefore, is easier to lift.

d) Amputee

The rear wheels are set in a different position to add proper balance for individuals with leg amputations.

e) Low Seat

These are designed for the small or short individual or for the person who uses foot propulsion to move their chair. It can also be an asset for low-roofed vans.

WHEELCHAIR CUSHIONS

1. What to Use and Why

Some disability groups require the use of cushions that are not only comfortable but are medically correct. In a study conducted several years ago, it was found that over fifty percent of the people using wheelchairs developed pressure sores at some time or other and that many of the problems were caused by improper cushions.

An article from Accent on Living* listed several factors to consider when deciding which cushion is best.

a. Skin Protection

Sufficient padding is needed.

b. Cushion Weight

c. Cushion Height

d. Durability of Cushion

e. How Cushion Will Affect Balance of Person Using It

f. Weight and Bone Structure of Individual

Included in the same article was an excellent chart of major types of wheelchair cushions, including their advantages and disadvantages.

Accent on Living - Reprinted with permission. Copyright, 1979.

2. Major Types of Wheelchair Cushions

a. Air Filled Static Cushions

Advantages:

(1) Lightweight

(2) Adjustable Pressure

(3) Easily Cleaned

Disadvantages:

(1) Subject to Puncture

(2) Instability for Some Disabled

b. Polymer Foam Static Cushions

Advantages:

- (1) Lightweight
- (2) Inexpensive
- (3) Often in Variety of Shapes, Sizes, Etc.

Disadvantages:

- (1) Generally Not Easily Washable Without Proper Cover/Coating
- (2) Possible Odor When New

c. Flotation - Fluid Filled

Advantages:

- (1) Waterproof
- (2) Durability

Disadvantages:

- (1) Possible Heaviness
- (2) Subject to Puncture

d. Flotation - Gels

Advantages:

- (1) Easily Cleaned
- (2) Durability
- (3) Adjusts to Body Movements

Disadvantages:

- (1) Heaviness
- (2) Sometimes Lowers Person's Tolerance to Other Types of Cushions

e. Molded Seats

Advantages:

- (1) Individually Fitted
- (2) Claims to Distribute Load Over Largest Available Area of Skin

Disadvantages:

- (1) Expensive
- (2) Difficulty in Transferring
- (3) Disallowance for Frequent Weight Shifts

WHEELCHAIR REPAIR AND MAINTENANCE

A wheelchair is an expensive piece of equipment and, therefore, can be expensive to repair. If you follow the suggestions in this section, it can help to lower repair expenses.

The chair should be examined for parts that can be kept at home and easily replaced, such as brake handles, screws, and bumpers. If you have a supply, it will not be necessary to go to the store. A wheelchair dealer also can give you advice on what parts to keep at home.

The following maintenance guide has been developed by the Spinal Cord Injury Foundation. The suggestions in it should help you keep your chair in good condition.

1. General Wheelchair Care

a. Metal Parts

Wipe with a soft cloth at least once a week. Polish with a good chrome polish once a month.

b. Upholstery

Mend small tears with tape to prevent extension. Sponge with a damp cloth once a week. Use naugahyde conditioner once a month.

c. Tires

Clean occasionally with a damp cloth. If your chair has pneumatic tires, keep correct amount of air in them (check tires for such). It has been found that it is possible to install bicycle tires on a chair and that they last four or five times longer than the standard grey rubber tires. The cost is somewhat less, too.

d. Large Wheels

Occasionally tighten screws on hand rims. Tighten wheel if it develops side play by loosening lock nut on axle and inserting screwdriver in slotted end of axle and tighten. All wheel bearings have been factory packed in grease but should be re-packed once a year.

e. Frame

Grease extra long center bolt on the X-brace every two months. DO NOT oil hinges or clamps that control folding footrest or legrest panel.

f. Safety Hints

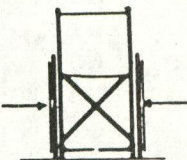
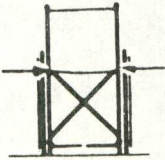
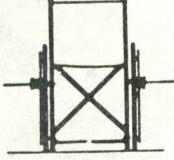
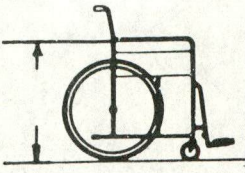
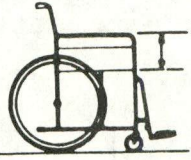
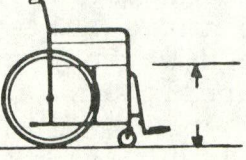
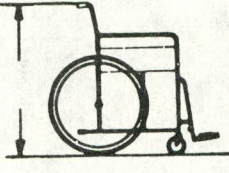
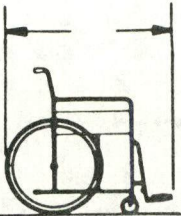
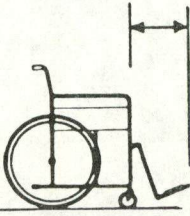
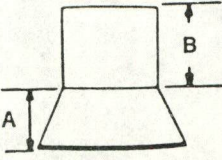
Make sure handgrips are always tight. Be sure screws holding upholstery are secure. If chrome starts to peel, sand it smooth. Keep brakes in working order.

2. Wheelchair Maintenance

<u>Period</u>	<u>Service</u>	<u>Notes</u>
Daily	Check Brake Action Charge Battery (8-Hour Charge)	It should be possible to brake most wheelchairs intended for outdoor use to a total stop from full speed in approx. 3 ft. (1 m). This distance may be lengthened if the speed exceeds 4.4 mph (7 km/hour).
Once per week	Check the battery levels.	The fluid should cover the plates in all the cells by about 0.4 ins. (1 cm). Distilled water, available from petrol stations or other places, should be added as required.
Once per week	Check tire pressures	The recommended tire pressures can be found in the manufacturer's instructions.
Once per month	Clean chrome and painted surfaces and woven plastic upholstery.	Use warm water and dishwashing detergent.
Twice per year	Clean battery terminals with wire brush. Grease terminal clamps. Clean air vents in filler caps.	Vaseline is suitable as a lubricant.
Twice per year	Rustproof chrome and painted surface.	Polish surfaces with wax car polish after cleaning. Use chrome cleaner, available from gas stations or other places, on areas discolored due to incipient rust formation.
Twice per year	Grease wheel bearing and check play in bearings.	Use heavy-duty grease or that recommended by the manufacturer. Excessive play in the bearings must be taken up by adjustment.
Twice per year	Adjust and lubricate brake mechanism.	See manufacturer's instructions.
Once per year	Check over the entire wheelchair and replace worn or missing parts.	

DIMENSIONS OF STANDARD WHEELCHAIRS

A guide to selection according to body measurements

 <p>Overall width open 24"</p>	 <p>Seat width at seat level 18" 16"* 13"*</p>	 <p>Width between front uprights 16¼"</p>	 <p>Arm height from floor 29½"</p>
<p>*16" (adult) and 13" (junior size) are smaller than the 18" by about 2 inches in all dimensions; except that seat depth and range of foot rest extension are smaller in the 13" than the 16" chair. Height of arms cannot be varied in the standard wheelchair.</p>			
 <p>Arm height from seat 9⅞"</p>	 <p>Seat height from floor 19⅝"</p>	 <p>Overall height 29½"</p>	
<p>Length overall</p>  <p>With fixed foot-rests: 40½" With swinging foot-rests: 41½"</p>	<p>Foot-rest extension</p>  <p>With fixed foot-rests: 14½"-20¼" With swinging foot-rests: 15½"-21¼"</p>	<p>A—Seat upholstery depth</p>  <p>B—Back upholstery height</p> <p>A: 16" B: 16½"</p>	

B. WALKING AIDS

Walking aids assist people with mobility problems by providing balance or support. The type of aid used is determined by the extent of the disability. They range from a simple cane, which is used mainly for balance, to crutches, which provide more support, to walkers, which give the greatest support.

In most cases, the type of aid will be decided by a physician or a physical therapist. There are variations available that can be decided on by the person with the disability. Whether the aid is a cane, crutches, or walker, it is important that it be adjusted to the correct height. The help of an expert is valuable in adjusting the aid, but the most important factor is the person's comfort and ease in using it.

1. Canes

- a. Wooden Canes
- b. Adjustable Metal Canes
- c. Tripod Canes

The tripod cane has a three-point bottom.

- d. Quad Canes

This cane has a four-point bottom.

- e. Specialty Canes

Various other types of canes are available, including the pyramid cane for individuals with limited hand strength.

2. Crutches

- a. Wooden Crutches
- b. Adjustable Metal Crutches
- c. Forearm Crutches

These crutches are also called Canadian or Loftstrand crutches. They are fitted at the forearm rather than under the arm.

3. Cane and Crutch Accessories

- a. Crutch Underarm Cushions and Hand Grips

These are made of soft rubber and help to reduce the pressure and soreness on hands and underarm areas. Some people prefer to pad their crutches themselves with a material that they like, such as gauze or foam rubber.

b. Tips

Tips come in several sizes. The larger sizes provide a wider base of support for more stability. There also is a tip with metal spikes to help prevent slipping on snow or ice.

c. Platform Crutch Attachment

This accessory is useful for those who are not able to hold onto a conventional crutch.

4. Walkers

a. Pick Up Walker

This is the conventional type of walker that is moved forward by lifting it.

b. Auto Stop Walker

This walker has wheels on the two front legs, which enables it to be pushed.

c. Other Walkers

(1) Reciprocal Walker

This walker can be moved forward one side at a time. It does not need to be lifted and does not have wheels.

(2) Walk Cane

The Walk Cane has a single front rail and can be used like the pick up walker, the reciprocal walker, or by moving it from side to side.

(3) Adjustable Height Rollator

The Rollator is somewhat like the auto walker except that it has only a front rail.

(4) Stair Climbing Walker

This walker looks very much like an ordinary walker, but two extensions allow the person to put weight on it when going either up or down stairs.

(5) Walking Aid

The Walking Aid has three legs with wheels and a hand brake.

5. Walker Accessories

a. Forearm Attachments

These help the person with limited hand strength by allowing weight to be put on forearms.

b. Sling Seat

c. Pouches and Wire Baskets

6. Things to Consider When Buying A Walking Aid

a. Expense

Wood is generally less expensive than metal

b. Strength and Mobility

Strength and ability to maneuver the piece of equipment are important in deciding exactly which walking aid is best.

c. Material

Do you want wood or metal? Some crutches and canes are available in either.

d. Storage

Some canes, crutches, and walkers can be folded for easier storage.

e. Balance

Balance needs to be assessed to help determine what kind of walking aid is best suited to the person's needs.

f. Training

Training in the correct way to use the walking aid is important.

7. Maintenance

Much of the maintenance of canes, crutches, and walkers can be done at home. Underarm cushions, handgrips and tips should be replaced when they become worn. Another suggestion is to have extra nuts, screws, and bolts on hand to replace those that are lost.

C. STANDARD EQUIPMENT SUPPLIERS

ABBEY MEDICAL
4344 West Capitol Drive
Milwaukee, WI 53216
873-2000

BROOKFIELD RENTAL WORLD
2930 North Brookfield Road
Brookfield, WI 53005
786-3250

HOME CARE MEDICAL SUPPLIES
5919 West National Avenue
Milwaukee, WI 53214
476-8680

HOME HEALTHCARE EQUIPMENT
9404 North 107th Street
Milwaukee, WI 53224
355-4561

JOHNSON RENTS
11923 West Fairview Avenue
Milwaukee, WI 53226
475-1223

MEDICO MART
317 North 76th Street
Milwaukee, WI 53213
771-6904

RENTAL WORLD (Also SELLS)
5436 South 27th Street
Milwaukee, WI 53221
281-2920

HANDICAP EQUIPMENT, INC.
W146 S6450 Tess Corners Drive
Muskego, WI 53150
422-0502

D. ORTHOTICS AND PROSTHETICS

DEFINITIONS AND TYPES

Many people who have a disability use orthotic and/or prosthetic devices. An orthosis, or orthotic device, is an orthopedic appliance used to support, prevent, or correct deformities or improve the function of such a part of the body. They include:

1. Braces
2. Splints

A prosthesis is an artificial substitute for an absent part of the body. It may be used for cosmetic or functional purposes. Some examples are:

1. Artificial Eyes
2. Artificial Arms
3. Artificial Legs
4. Artificial Teeth

Several companies in the Milwaukee area supply orthotics and prosthetics. They are listed at the end of this section.

SELECTION

Orthotics and prosthetics require a physician's prescription and, therefore, there is little room for personal preference. However, good communication with your physician and orthotic or prosthetic specialist will help you understand what you are being fitted for, what they will or will not be able to do while wearing such devices, and what to do regarding repairs, financial assistance, and prices.

It is important to remember that what may work well for a friend or an acquaintance may not be suitable for your needs. So the best advice is to ask questions of the professionals you are working with regarding selection.

MAINTENANCE

1. Prosthetics
 - a. It is often recommended that prosthetics be worn with a stocking in order to avoid skin irritation and damage to the limb due to perspiration.
 - b. Clean with soap and lukewarm water
 - c. If damage should occur to the prosthesis, do not attempt to repair it yourself. Such attempts may cause MORE damage.

2. Orthotics

- a. Keep locks and joints free of dirt and rust.
- b. Leather may be cleaned with mild soap and lukewarm water. (Saddle soap or a good leather cleaner may be used.)
- c. Check regularly for loose screws and worn leather, buckles and straps.
- d. Braces can often become out of line due to heavy use or from a fall. Check regularly, as out of line braces can cause pressure sores and damage to bone structure.

AREA ORTHOTICS AND PROSTHETICS SUPPLIERS

ACME LABORATORIES
10702 West Burleight Street
Milwaukee, WI 53222
259-1090

DOERFLINGERS
5800 West Burleigh Street
Milwaukee, WI 53210
445-8840

HOUSE OF BIDWELL
535 North 27th Street
Milwaukee, WI 53208
344-1950

MORFEYS
11109 West Bluemound Road
Wauwatosa, WI 53226
258-4311

E. RAMPS



A ramp is an important part of any disabled person's living arrangement; particularly those with mobility problems. A ramp can enable you to enter and exit a building or home easily. In many cases a ramp is the key to physical accessibility.

Building a ramp can be an easy or a difficult job because like any structure it depends on many factors, e. g. the terrain and landscaping, the building it will be attached to, the aesthetic preferences of the owner/builder, and of course it has to be functional.

In many instances its not just a matter of identifying a need for a ramp; it's also important to remember the following:

1. Most communities require a construction certificate and a zoning variance in order to build a ramp. Any building modifications like this are restricted by local ordinances so check with your City Hall and ask questions.
2. All public buildings have to conform with certain rules in terms of building ramps. Most ramps and physical accessibility features must comply with the American National Standards Institute's Specifications. These are called the ANSI standards and are followed by the Federal government and many state and local governments.

So always check with your City Hall or with local organizations that deal with accessibility. They can help you. Also, follow this simple check list:

1. Check out your location.
2. Ramps should generally have a 12 to 1 slope. This means that in order for someone in a wheelchair to have easy access the ramp should have 12 inches of incline for every 1 inch of rise.
3. Design is a critical feature. Always plan out your ramp. It is expensive and time consuming to build a ramp by trial and error.
4. Materials are very important because they determine the quality and longevity of the ramp. Cheap materials and poor construction will cause nothing but trouble. Don't cut corners.
5. Always consider aesthetics when building a ramp. A ramp doesn't only have to be functional, but it should be eye pleasing as well. Build a ramp to fit in to your home or building, not to stick out like an eye sore.

A list of individuals and agencies that can help you design and build a ramp follows. Make sure you call them and check out their eligibility requirements.

COMMANDO'S PROJECT
522 W. North Avenue
Milwaukee, WI 53212
372-6260

This is funded by the City of Milwaukee and is for eligible low income disabled persons only. It is restricted to a specific geographic area. Call them and check.

MILWAUKEE COUNTY REAL
ESTATE AND HOUSING
DIVISION
907 North 10th Street
Milwaukee, WI 53233
278-4914

This is funded by Milwaukee County and is also for certain eligible low income disabled persons. It is restricted to certain communities outside of the City of Milwaukee.

THE SOUTHEASTERN WIS-
CONSIN CENTER FOR IN-
DEPENDENT LIVING
1545 S. Layton
Milwaukee, WI 53215
643-0910

The Center provides free accessibility technical assistance to any disabled person residing in Milwaukee County. The Center will help you design your ramp and find funding to build it.

BRIAN JOHNSON
1393 Meadow Creek Drive
Pewaukee, WI 53072
691-4248

JOHN SCIGLIANO
HANDICAP EQUIPMENT, INC.
W146 S645 Tess Corners Drive
Muskego, WI 53150
422-0502

PUBLIC LIBRARIES

MOBILITY UNLIMITED
7741 W. National Avenue
Milwaukee, WI 53219
774-3085

Resources

American National Standards Institute, Inc. American National Standard specifications for making buildings and facilities accessible to, and usable by, the physically handicapped. ANSI A117.1-1961 (R1971), American National Standards Institute, New York, 1961

Capital Development Board, State of Illinois. Accessible Standards, Capital Development Board, State of Illinois, 1978

Carey, Jane Randolph, How to Create Interiors for the Disabled. Pantheon Books, New York, 1978

Department of Labor and Human Relations. Wisconsin Administrative Code, Building and Heating, Ventilating and Air Conditioning Code. Department of Labor and Human Relations, 1978.

Department of Veterans Benefits. Handbook for Design: Specially Adapted Housing, VA pamphlet 26-13. Veterans Administration, Washington D.C., 1978

Harkness, Sarah P. and Groom, James N., Jr. Building Without Barriers for the Disabled, Whitney Library of Design, New York, 1976

Langton, Anthony J., editor, Manual for Accessibility, Conference, Meeting and Lodging Facilities. Wisconsin Rehabilitation Association, 1977.

Ramsey, Charles G. and Sleeper, Harold R. Architectural Graphic Standards, Sixth edition John Wiley & Sons, New York, 1970.

Scott, Bruce H., editor. Access. Greater Kansas City Council of Handicapped Citizens, 1974.

Vandervort, Donald W., editor. How to Build Decks. Lane Publishing Co., Menlo Park, California, 1978.

Wagner, Willis H. Carpentry. The Goodheart-Wilcox Co., South Holland, Illinois, 1976.

F. SPECIAL EQUIPMENT

Special equipment can and has played an important role in the lives of disabled people by providing individuals with a method to maximize abilities and help decrease dependency and inabilities.

The list of special equipment at the end of this section is lengthy and, because of this, we will not attempt to give an evaluation of each item. Instead, we will provide an extensive listing of special equipment by category. By looking through this list, one may see some equipment they need. A list of resource people is provided as well, so one can contact them to check availability and prices.

1. Telephone Company

The Telephone Company offers an ever increasing variety of adaptive devices for the disabled, including the mobility impaired and sensory (hearing and/or speech) impaired. The Telephone Company will send a consultant to your home to help evaluate the problem or one can visit their new office at 740 North Broadway between 9:00 A.M. and 6:00 P.M. Monday through Friday. The totally accessible office has many types of equipment for anyone to try.

There is no charge for consultation. The cost of the special equipment varies according to the type of equipment needed. The Telephone Company also publishes a free booklet entitled "Services for Special Needs" which is available upon request.

2. Environmental Control Units

Environmental control units are electronic units that assist people with severe upper extremity limitations. A unit can help an individual switch lights on and off, type, open doors and operate other systems within the residence by remote control.

These units may be operated by mouth, sensitive touch or adaptive means. A special consultant is needed to plan these units.

ADAPTIVE CUTLERY

Angled
Cutting (Forks)
Extension Utensil
Large Handled
Quad Utensil Holder (Cuff)
Self-Leveling Utensils
Side Ways
Slip-On
Swivel

ADAPTIVE DINING AIDS

Arm Rest
Bibs, Special Design
Clip-On Glass Holder
Cup/Handle, Plastic
Egg Cup, Suction Base
Food Guard
Mug with Lid & Spout
Plates, Rotating, Adjustable Height
Potato Holder
Self-Feeder
Straws, Extra Large/Long

ADAPTIVE KITCHEN TOOLS & AIDS, LEFT HANDED

Butter Server
Can Opener
Cheese Server
Corkscrew
Kitchen Shears
Knife/Fork Combo
Ladles
Measuring Cup/Beaker
Mixing Spoon
Mustache Mug
Parer/Pealer
Potholder Mitt
Scissors
Serving Fork
Spatula
Tasting Spoon
Warmer/Server

ALERTING, DETECTOR & SIGNAL SYSTEMS

Fire & Smoke, Automatic
General
Alarm Clock, Vibrating
Alarm Clock, Winder
Corner Protectors
Light Switch Extension
Reachers
Intruder, Automatic
Remote Activated,
Automatic Audible Signal Device
Remote Activated,
Automatic Signal Device

ALERT, DETECTOR & SIGNAL SYSTEMS (CONT.)

Remote Activated,
Automatic Telephone Dialing Device
Remote Activated,
Automatic Visual Signal Device
Signal/Assistance, User Activated

AUTOMOTIVE

Accelerating Aids
Built-Up Accelerator Pedal
Left Foot Gas Pedal
Braking Aids
Built-Up Brake Pedal
Foot Brake Extension Control
Hand Emergency Brake
Low Effort Brake Booster
Parking Brake Extension
Powered Parking Brake
Driver Training Aids
Dual Brake Controls for Driver Ed. Cars
Driving Control Systems
Dual Control System
Foot Control System
Hand Control System
Left Only
Left/Right
Portable
Quad Console
Right Only
Single-Handed
Miscellaneous
Auto Back Rest
Auto Back Rest, Adjustable
Car Seat
Door Opener, Passive
Dual Battery System
Flag, Clearance
Flag, Distress
Power Windows
Safety Belts & Harness
Scooter/Cart Loader (Amigo-type)
Seats, 4-Way Powered
Wheelchair, Cartop Carrier
Wheelchair, Carrier/Loader
Wheelchair Loader, Electric
Operating Aids
Cruise Control
Dimmer Switch
Horn Button
Ignition Lever
Oil Changer
Oil Monitor
Turn Signal Adaptor
Shifting Aids
Left Hand Shift Lever

AUTOMOTIVE (CONT.)

Steering Aids
 Steering Column Extension
 Steering Systems
 Horizontal
 Lever
 Lever Powered
 Low Effort
 Zero Effort
 Steering Wheel, Deep Dish
 Steering Wheel Bar
 Steering Wheel Bar Grip
 Knob
 Open Top
 Post Type Ring Type
 Van & Motor Home Accessories & Aids
 Bus/Train Lifts, Front Door
 Lifts
 Heavy Duty Commercial
 Motor Home
 Portable
 Van
 Automatic Door Opener
 Curtains
 Drivers Seat, Powered
 Entry System
 Floor Cut-Out
 Floor Cut-Out, Powered
 Lifts
 Fold Out
 Non-Platform
 Swing Out
 Ramps, Manual
 Roofs
 Raised 14"
 Raised 24"
 Windows, Powered
 Wheelchair Seat Belt
 Wheelchair Tie Down

BANDAGES

Adhesive Bandages
 Adhesive Dressings
 Elastic Gauze

BATHING & BATHROOM EQUIPMENT

Bathing Equipment
 Bathtub
 Adaptor
 Boards
 Bookholder
 Custom Design
 Lifts & Transfers
 Pillows
 Rails & Grab Bars
 Recliner (Folding)

BATHING & BATHROOM EQUIPMENT (CONT.)

Recliner, Children's Folding
 Seats/Stools
 Side Drop
 Tray/Utility
 Treads, Non-Skid
 Bathtub/Shower Unit, Molded Acrylic
 Tub, Drop-In
 Wash Cloth, Disposable
 Miscellaneous
 Foot Glove, Rubber
 Mirror, Four Purpose
 Pad, For Commode
 Tray, Shampoo
 Treads & Mats, Non-Skid
 Commodes, Toilets, Bidets & Accessories
 Air Purifiers
 Bidet
 Comfort Station, Portable, Accessories
 Commode
 Portable
 Portable, Child
 Rolling Chair
 Commodes, Custom Design
 Toilet/Lavatory, Compact
 Toilet
 Paper Holder (1 Handed)
 Rails
 Seat
 Adjustable Child's
 Catapult, Portable
 Power Lift
 Raised
 Urinal, Male
 Showers & Accessories
 Shower
 Caddies
 Head
 Head, Removable, Adjustable
 Hood
 Seats & Stools
 Shower Stall, Molded Acrylic
 Showers, Wheelchair Roll-In
 Wheelchair, Water Resistant
 Special Bath Units
 Shower Cabinet
 Sit Down/Sitz Bath

BATHS, THERAPEUTIC

Complete Units
 Baths
 Paraffin
 Sauna/Steam
 Whirlpool
 Tanks
 Full Body

BATHS, THERAPEUTIC (CONT.)

Hubbard
Limb
Components
Agitators/Whirlpools
Tub Liners

BEDS, CRIBS & ACCESSORIES

Alternating Pressure Bed Pad
Alternating Pressure Bed Pad,
Battery Operated
Bed Boards
Bed-Making Aids, Single Hand
Bed Pads & Cushions
Controls & Restraints
Covers, Pillow & Mattress
Cribs
Cushions & Rests
Flotation Bed Pad Systems
Foot Elevators
Intermittent Compression System
Mattresses
Convuluted Foam
Flexible Use
Therapeutic
Waterbed
Pads, Sheepskin
Pillow, Therapeutic Sleeping
Pillow Wedge
Pressure Evaluator
Pressure Protectors
Protectors
Arm
Feet
Rails
Rings
Sleeping Aids
Air Pillows
Anti-Noise Ear Stops
Back Rests
Bedboards
Bed Rests, Inflatable
Bed Warmer
Blanket Support
Cervical Pillow
Comfort Cushions
Leg Rest
Light Shields
Positioning Pads
Safety Belts
Snore Mask
Trapeze, Over-Bed

BIOFEEDBACK

Accessories
Auditor Adaptor to Threshold
Monitor

BIOFEEDBACK (CONT.)

Electrodes
Disposable
Gel
4 mm.
15 mm.

EMG

Clinical
Dual Channel
Home Trainers
Gait Control
Instrumentation, General
Speech Sensitivity Device, Portable
Systems
Computer Based
Relaxation
Research
Temperature Monitors
Clinical
Home Trainer

BLIND & VISUALLY IMPAIRED

Brailled Items

Books
Children's
Educational
Homemaking
Leisure
Clocks, Timers & Watches
Medical Equipment
Periodicals
Sheet Music
Signs, Plaques & Markers
Technical/Electronic
Telephone TTY

Braille Supplies

Braille Printer
Labeler
Paper
Slate & Kit
Stylus

Low Vision Items

Aids
Books, Large-Type
Children's
Educational
Homemaking
Leisure
Puzzle
Music, Large Print Slides
Periodicals, Large-Type
Playing Cards, Large-Type
Sheet Music, Large-Type
Telephone, Enlarged Dial Adaptation
Telephone, Push Button Adaptation
Mobility Aids
Cane Accessories

BEDS, CRIBS & ACCESSORIES

Alternating Pressure Bed Pad
Alternating Pressure Bed Pad,
 Battery Operated
Bed Boards
Bed-Making Aids, Single Hand
Bed Pads & Cushions
Controls & Restraints
Covers, Pillow & Mattress
Cribs
Cushions & Rests
Flotation Bed Pad Systems
Foot Elevators
Intermittent Compression System
Mattresses
 Convuluted Foam
 Flexible Use
 Therapeutic
 Waterbed
Pads, Sheepskin
Pillow, Therapeutic Sleeping
Pillow Wedge
Pressure Evaluator
Pressure Protectors
Protectors
 Arm
 Feet
Rails
Rings
Sleeping Aids
 Air Pillows
 Anti-Noise Ear Stops
 Back Rests
 Bedboards
 Bed Rests, Inflatable
 Bed Warmer
 Blanket Support
 Cervical Pillow
 Comfort Cushions
 Leg Rest
 Light Shields
 Positioning Pads
 Safety Belts
 Snore Mask
Trapeze, Over-Bed

BIOFEEDBACK

Accessories
 Auditor Adaptor to
 Threshold Monitor
Electrodes
 Disposable
 Gel
 4 mm.
 15 mm.

BIOFEEDBACK (CONT.)

EMG
 Clinical
 Dual Channel
 Home Trainers
Gait Control
Instrumentation, General
Speech Sensitivity Devices, Portable
Systems
 Computer Based
 Relaxation
 Research
Temperature Monitors
 Clinical
 Home Trainer

BLIND & VISUALLY IMPAIRED

Brailled Items
 Books
 Children's
 Educational
 Homemaking
 Leisure
 Clocks, Timers & Watches
 Medical Equipment
 Periodicals
 Sheet Music
 Signs, Plaques & Markers
 Technical/Electronic
 Telephone TTY
Braille Supplies
 Braille Printer
 Labeler
 Paper
 Slate & Kit
 Stylus
Low Vision Items
 Aids
 Books, Large-Type
 Children's
 Educational
 Homemaking
 Leisure
 Puzzle
 Music, Large Print Slides
 Periodicals, Large-Type
 Playing Cards, Large-Type
 Sheet Music, Large-Type
 Telephone, Enlarged Dial Adaptation
 Telephone, Push Button Adaptation
Mobility Aids
 Cane Accessories
 Cane Tips
 Canes, Laser
 Elevator Floor Indicator, Audible

BLIND & VISUALLY IMPAIRED (CONT.)

Cane Tips
Canes, Laser
Elevator Floor Indicator, Audible
Environmental Sensors, Electronic
Guide Dogs
Warning Stripping
Reading Aids
Alphabet, Identifying, Non-Braille
Books, Projected
Books, Talking
Cassette Player, Variable Speed
Cassette Recorder/Duplicator
CRT Tracking Guide
Electronic Reading Device
Electronic Reading & Speech Synthesis
Light Amplification Devices
Magazine, Talking
Magnification Apparatus
Optacon
Radio Reading Service Receivers
Reel Recorder
Tactile Devices
TV Magnifier
Video Visual
Computer Terminal Adaptor
Microfiche Adaptor
Typewriter Adaptor
STD Print

BRACES & SPLINTS

Arm
Cervical
Children's
Finger
Foot
Hand
Helmet/Chin & Mouthpiece
Knee Immobilizer
Knee Separator
Leg
Lumbo-Sacral
Mouth Brace (Burn Victims)
Orthopedic
Cast Walkers
Shoe Equalizer, Adjustable
Slings
Training Orthosis/Build-Ups
Quad Cuff
Shoes/Sandals
For Casts & Post-Op
Orthopedic
Spinal
Thoracic
Wrist

BREATHING EQUIPMENT

Air Purifier
Blow Bottles
Nebulizer
Oxygen Systems
Home
Portable
Percussors
Respirator Alarm
Ventilator
Ventilator, Portable

CALCULATORS & COMPUTERS

Calculators
Battery Operated
Cassettes
Electronic
Talking
Computer
Portable
Special Design
Systems
Computer Accessories
Computer
Bracket Interchange for Braille Type
IBM Interchangeable Braille Head
Software
Braille Interpreter Using Periods
Design Flipchart Template for
Flowcharting
IBM Magnetic Type Translator to
Braille

CANES, CRUTCHES & WALKERS

Cane & Crutch Accessories
Cane Tips
Crutch
Arm Pads
Caddy
Hand Grip
Tip
Tip, Ice Grip
Canes
Adjustable
Children's
Hand Made
Hardwood
Laser
Quad Base
Seat
Standard
Walker
Crutches
Adjustable
Aluminum
Forearm

CANES, CRUTCHES & WALKERS (CONT.)

- Hand Made
- Platform
- Quad Base
- Single Row Auxiliary
- Mobility Extension
 - Mobility Trained Canines
 - Mobility Training Canine Schools
- Walkers & Accessories
 - Walker, Wheeled (Children)
- Walkers
 - Body Suspension
 - Children's
 - Folding
 - Juniors
 - Motorized
 - Training
 - Trolley, Complete
 - With Seats
- Walker Caddy
- Walker Tray

CATHETERS & ACCESSORIES

- Catheter Kits
- Catheters
 - External
 - Indwelling
 - Intermittent
- Catheter Valve
- Cleaners, Deodorants, Conditioners
 - Body Powders
 - Creams & Ointments
 - Deodorant Powder
 - Ointment, Water Resistant
 - Perineal Cleaners
 - Skin Cleanser
 - Skin Protective Cream
- Detergents
- Diapers
 - Adult
 - Adult, Disposable
 - Child
 - Child, Disposable
- Drainage Bags & Straps
- Kits
 - Bedside Drain Bags
 - Leg Bags
 - Night Drainage
- Leg Bags
- Leg Bags, Drain Valves
- Odor Control
 - Atmospheric
 - Books
 - Furniture/Bedding
- Ostomy Activated Filter
- Ostomy Cleaner
- Ostomy Products

CATHETERS & ACCESSORIES (CONT.)

- Ostomy Skin Ointment
- Pads, Disposable
- Powders, Deodorant
- Spray Deodorant
- Undergarments, Protective
- Urinals
- Waterproof Sheets

CHAIRS, RECLINERS & ACCESSORIES

- Catapult Seat
 - Motorized
 - Portable
- Chairs
 - Adjustable, Motorized
 - Adjustable, Rotating
 - Back Rest, Adjustable
 - Catapult, Motorized
 - Catapult, Portable
 - Children's Supportive C.P.
 - Convalescent
 - Glide-About
 - Rolling Commode
 - Wheeled
 - Wheeled, Ortho-Design
- Chair Caddy
- Controls & Restraints
- Posture Support Devices
- Recliner/Catapult
- Recliners
- Recliners, Motorized
- Rockers, Ortho-Design

CLOTHING & ACCESSORIES

- Clothing, Elastic Support
- Do-It-Yourself Patterns (Adult & Children's Clothing)
- Elastic Items (Straps, Shoe Laces, etc.)
- Elastic Supports
- Glove Exchange (Amputee)
- Hand Mitts, Battery Warmed
- Hand Mitts, Protective
- Neckwear
- Shoe Exchange (Amputee)
- Socks, Battery Warmed
- Undergarments, Protective

COMMUNICATION

- Communication Trays, Clear
- Printing Communicators
- Signals, Tactile
- Speech Amplifier
- Telephone Amplifier (Hearing)
- Telephone Amplifier (Weak Voice)
- Telephone TDD Systems

COMMUNICATION SYSTEMS

Adaptive Equipment
Communication Trays, Clear
Head Pointer
Instrumentation
Bliss Symbol Scanners
CB Radio Systems
Communicator, Mini-Verbal
Intercom Systems
Keyboard Strip Printer
Lapboard Strip Printer
Optical Headpointer Strip
Scanning Strip Printer
Signal Systems
Video Systems
Walkie Talkie Systems
Telephones & Adaptations
Message Selector
Telephone
Amplifier
Command System
Cordless
Dial Guide
Dialer, Puff & Sip
Extension Arm
Headset
Holder
Lock

CONTROL SYSTEMS & COMPONENTS

Controls, Environmental
Controls, Master System
Puff & Sip Telephone Dialer
Puff/Sip/Suck/Blow, with Powered
Swing Away
Puff/Sip/Touch/Suck/Blow
Relay Box
Remote Controls
Appliances
Entrances
Garage Doors
Wheelchairs
Switches
Body Contact
Cushion
Electronic Scanner
EMG Activated
Pneumatic
Rocking Lever (Joystick)
Sonic Remote Control
Sponge
Tongue
TV Channel Selector

DOOR OPENING SYSTEMS & ACCESSORIES

Automatic Systems
Door Opener, Manual
Dual
Automatic
Manual
Fixtures & Accessories
Closers
Reduced Opening Force
Swing Clear
Controls
Delayed Action
Radio/Touch
Equalizers
Hinges, Swing Clear
Knobs & Levers
Push Button Systems

DRIVING SYSTEMS

Braking Aids
Built-Up Brake Pedal
Foot Brake Extension Control
Hand Emergency Brake
Low Effort Brake Booster
Parking Brake Extension
Powered Parking Brake
Driver Training Aids
Dual Brake Controls for Driver Ed. Cars
Driving Control Systems
Dual Control Systems
Foot Control System
Hand Control System
Left Only
Left/Right
Portable
Quad Console
Right Only
Single-Handed
Shifting Aids
Left Hand Shift Lever
Shifting Aids
Steering Aids
Steering Column Extension
Steering Systems
Horizontal
Lever
Lever Powered
Low Effort
Zero Effort
Steering Wheel, Deep Dish
Steering Wheel Bar
Steering Wheel Bar Grip
Knob
Open Top
Post Type

DRIVING SYSTEMS (CONT.)

Ring Type
Yoke Type
Van & Motor Home Accessories & Aids
Bus Train Lifts, Front Door
Lifts
 Heavy Duty Commercial
 Motor Home
 Portable
Van Automatic Door Opener
Van Curtains
Van Driver's Seat, Powered
Van Entry System
Van Floor Cut-Out
Van Floor Cut-Out, Powered
Van Lift, Non-Platform
Van Lifts
 Fold Out
 Swing Out
Van Ramps, Manual
Van Roofs
 Raised 14"
 Raised 24"
Van Windows, Powered
Wheelchair Seat Belt
Wheelchair Seat Tie Down

EXCERCISE EQUIPMENT

Body Building Aids
 Silly Putty
Body Building Apparatus
 Arm
 Arm/Leg
 Back
 Chest
 Finger
 Hand
 Hip
 Leg
 Shoulder
Complete Units
 Exercise Units
 Home Gym
 Playgrounds (Outdoor)
General
 Board, Powder
 Cycles
 Facial Exerciser
 Hand Exerciser
 Elastomeric
 Putty
 Helmets, Protective
 Ladders, Finger
 Mats
 Standard
 Standard, Inflatable

EXERCISE EQUIPMENT (CONT.)

Rollers
Rowing Machine
Skate Aid
Straps
Tables
 Exercise
 Exercise, Assisted
 Mat
 Mobilization
 Posturing
 Stand-In
 Treatment
 Work
Trapeze, Standard, Over Bed & Other
Treadmill
 Electric
 Manual
 Weight, Limb
 Weight Belt, Cuff
 Weights, Pulleys
 Wheels, Shoulder
Heating/Cooling Equipment
 Cabinets, Heating
 Heat Pack
 Moist
 Moist, Automatic
 Steam & Moist
 Ice Packs, Chemical
Lamps
 Infrared
 Ultra Violet
Lotions
Sauna, Home
Massage Equipment
 Gel
 Massager, Spot
 Muscle Stimulator
Rollers
Vibrators
 Bed
 Head Rest
 Other
Mobility Training Equipment
 Bicycle Exerciser
 Curb Trainers
 Joggers, Standard & Electric
 Mirrors, Posture Training
 Parallel Bars
 Parallel Bars, Motorized Height
 Stairs & Ramps, Training
 Walkers, Training
Swimming
 Accessible, Pre-Fab
 Hoists & Lifts
 Hoists & Lifts, Motorized

EXERCISE EQUIPMENT (CONT.)

Portable Ramps
Therapy Equipment
Balance Beam
Balance Square
Balls
Bands, Elbow
Bench
Dressing
Therapy
Board
Crawling
Prone
Scooter
Transfer
Vestibular
Chair
Relaxation/Flexion
Roller
Straddle
Triangle
Vestibular
Desk, Standing Child
Dressing Block, Learning
Floor Sitter
Parachute Games
Phone Stander
Ramp
Rocker, Vestibular
Roll
Therapy
"T"
Rolls & Wedges
Scooter
Side Layers
Stair Case
Stand & Table
Stool
Stepping
"T"
Table
Adjustable Height
Cutout
O.T. Work
Single Standing Child
Two Children Standing
Traction
Traction, Mortorized
Traction
Bed Floor Stand
Belts & Straps
Cervial Systems
Head Halters
Gravity Lumbar Systems
Motorized Lumbar/Cervical
Over-Door Equipment

FLOOR COVERING & TREATMENT

Flooring, Non-Skid
Grating
Stair Treads, Non-Skid
Warning Stripping

FURNITURE

Accessories
Leg Adjustors
Chairs
Tables
Leg Blocks
Chair
Desk
Table
Beds, Cribs & Accessories
Alternating Pressure Bed Pad
Alternating Pressure Bed Pad,
Battery Operated
Beds
Adjustable
Adjustable, Motorized
Alternating Pressure
Special Design
Therapeutic
Waterbed
Bed Boards
Bed-Making Aids, Single Hand
Bed Pads & Cushions
Controls & Restraints
Covers, Pillow & Mattress
Cribs
Cushions & Rests
Flotation Bed Pad System
Mattresses
Convuluted Foam
Flexible Use
Therapeutic
Waterbed
Pads, Sheepskin
Pillow, Therapeutic Sleeping
Pillow Wedge
Pressure Evaluator
Pressure Protectors
Protectors
Arm
Feet
Rails
Rings
Sleeping Aids
Air Pillows
Anti-Noise Ear Stops
Back Rests
Bedboards
Bed Rests, Inflatable
Bed Warmer

FURNITURE (CONT.)

Blanket Support
 Cervical Pillow
 Comfort Cushions
 Leg Rest
 Light Shields
 Positioning Pads
 Safety Belts
 Snore Mask
 Trapeze, Over-Bed
 Chairs, Recliners & Accessories
 Chairs
 Adjustable, Motorized
 Adjustable, Rotating
 Back Rest, Adjustable
 Catapult
 Motorized
 Portable
 Children's Supportive C.P.
 Convalescent
 Glide-About
 Rolling Commode
 Wheeled
 Wheeled, Ortho-Design
 Posture Support Devices
 Recliners
 Motorized
 Recliner/Catapult
 Catapult Seat
 Portable
 Motorized
 Chair Caddy
 Controls & Restraints
 Desks
 Cutout (Wheelchair)
 Turntable
 Stools
 Adjustable
 Adjustable, Motorized
 Cradle Foot
 Foot Stools
 Adjustable Height
 Wheeled
 With Hand Rails
 Tables
 Adjustable Height
 Adjustable Height, Motorized
 Bedside
 Bedside, Tilt
 Cutout (Wheelchair)
 Folding
 Game (Wheelchair)
 Overbed
 Picnic (Wheelchair)

FURNITURE (CONT.)

Work Benches & Stations
 Work Benches
 Work Benches, Adjustable
 Work Stations
 Adjustable
 Modular

HOMES & MOBILE HOMES

Home
 Adaptive Equipment
 Automatic Systems
 Door Opener, Manual
 Dual, Automatic, Manual
 Push Button System
 Cleaning & Laundry Aids
 Easy-Ring Mop
 Foot Mop
 Ironing Board, Well-Mounted
 Lingerie Wash Case
 Fixtures & Accessories
 Closers
 Reduced Opening Force
 Swing Clear
 Controls
 Delayed Action
 Radio/Touch
 Equalizers
 Hinges, Swing Clear
 Knobs & Levers
 Homemaking Aids
 General
 Alarm Clock
 Vibrating
 Winder
 Corner Protectors
 Light Switch Extension
 Reachers
 Kitchen Aids
 Aprons
 Brush, Vegetable
 Containers
 Cookbooks
 Cutting Board
 Drink Holder
 Cane
 Crutch
 Wheelchair
 Knife Holder, Magnetic
 Pot & Pan Holder, Safety-Lock, Gas
 Lap Board
 Potato Peeler
 Rolling Table
 Sandwich Making Board

HOMES & MOBILE HOMES (CONT.)

Saucepan Holder
Screw Lid Opener
Tongs
Sewing Aids
Books
Frames, Embroidery
Patches & Bindings, Iron-On
Pins, Ball Head
Scissors
 Electric
 Left-Handed
Sewing Machines
Threader
Home Study
Art
College Level
Music
Photography
Secondary
Trade/Vocational

KITCHEN

Adaptive Cutlery
Angled
Cutting (Forks)
Extension Utensil
Large Handled
Quad Utensil Holder (Cuff)
Self-Leveling Utensils
Side Ways
Slip-On
Swivel
Adaptive Dining Aids
Arm Rest
Bibs, Special Design
Clip-On Glass Holder
Cup/Handle, Plastic
Egg Cup, Suction Base
Food Guard
Mug With Lid & Spout
Plates, Rotating, Adjustable Height
Potato Holder
Self-Feeder
Straws, Extra Large/Long
Adaptive Kitchen Tools & Aids, Left Handed
Butter Server
Can Opener
Cheese Server
Corkscrew
Kitchen Shears
Knife/Fork Combo
Ladles
Measuring Cup/Beaker
Mixing Spoon
Mustache Mug

ADAPTIVE KITCHEN TOOLS & AIDS, LEFT HANDED

Parer/Peeler
Potholder Mitt
Scissors
Serving Fork
Spatula
Tasting Spoon
Warmer/Server

LIFTS, HOISTS, ELEVATORS & TRANSPORTERS

Elevators & Accessories
Individual
Individual, Outdoor
Residence
Stairway
Wheelchair
Hoists & Lift
Individual
 Self Operated
 With Attendant
Swimming Pool Lift
Transfer Systems

MOBILITY AIDS

Braces & Splints
Arm
Cervical
Children's
Finger
Foot
Hand
Helmet/Chin & Mouthpiece
Knee Immobilizer
Knee Separator
Leg
Lumbo-Sacral
Mouth Brace (Burn Victims)
Orthopedic
 Cast Walkers
 Shoe Equalizer, Adjustable
 Slings
 Training Orthosis/Build-Ups
Quad Cuff
Shoes/Sandals
 For Casts & Post-Op
 Orthopedic
Spinal
Thoracic
Wrist
Cane & Crutch Accessories
Cane Tips
Crutch
 Arm Pads
 Caddy
 Hand Grip
 Tip
 Tip, Ice Grip

MOBILITY AIDS (CONT.)

Canes & Crutches

Canes

Adjustable
Children's
Hand Made
Hardwood
Laser
Quad Base
Seat
Standard
Walker

Crutches

Adjustable
Aluminum
Forearm
Hand Made
Platform
Quad Base
Single Row Auxiliary

Miscellaneous

Cast Walkers
Elevator Floor Indicator, Audible
Environmental Sensors, Electric
Guide Dogs
Shoe Equalizer, Adjustable
Slings
Training Orthosis/Build-Ups
Warning Stripping

Mobility Extension

Mobility Trained Canines
Mobility Training Canine Schools

Prosthetics

Arm

Myo-Activated
Standard

Breast

Hand

Myo-Activated
Standard

Leg

Myo-Activated
Standard

Standing & Sitting

Limb Support
Sitting Aid
Standing Aid
Turntable

Walkers & Accessories

Walker, Wheeled (Children)

Walkers

Body Suspension
Children's
Folding
Juniors
Motorized

MOBILITY AIDS (CONT.)

Training

Trolley, Complete
With Seats
Walker Caddy
Walker Tray

OFFICE EQUIPMENT

Computers & Accessories

Computer

Bracket Interchange for Braille Type
IBM Interchangeable Braille Head

Software

Braille Interpreter Using Periods
IBM Magnetic Tape Translator To Braille
Design Flipchart Template for Flow-
charting

Machines & Accessories

Calculators

Battery Operated
Cassettes
Electronic
Talking

Computers

Portable
Special Design
Systems

Dictating Machines

Battery Operated
Electronic

Duplicating Machines, Special Design

Mouth Stick

Stapler, Automatic/Electronic

Table, Motorized

Typewriter

Arm Rest
Controls
Helmet
Hood
Keyboard Rest
Keyboard Shield
Manuscript Holder
Paper Inserter
Paper Mount (Continuous Roll)
Plater Paper-Spacing Knob

Typewriters

Braille
One-handed
Puff & Sip
Special Design
Tongue

PREVENTION SYSTEMS

Aids & Accessories
 Creams & Ointments
 Push-Up Sensor Reminder
Alternating Pressure
 Bed
 Bed Pad
 Bed Pad, Battery Operated
Floatation Pad
 Bed
 Seat
Floatation Systems
Intermittent Compression Systems
Mattress, Convuluted Foam
Pads & Cushions
 Bed
 Foot
 Individual Cell Seat
 Seat
Pads, Sheepskin
Pressure Evaluator
Pressure Protectors
Protectors
 Arm
 Feet
Rings

RAMPS

Folding Van Ramp
Folding Wheelchair Ramp
Heavy Duty Ramp
Mechanical (Moving)
Metal Ramp
Non-Skid Surface
Portable Ramp
Wooden Ramp

READING AIDS

Alphabet, Identifying Non-Braille
Bed Specs
Book & Magazine Holder
Books, Projected
Brailled Items
 Books
 Children's
 Educational
 Homemaking
 Leisure
 Clocks, Timers & Watches
 Periodical
 Medical Equipment
 Sheet Music
 Signs, Plaques & Markers
 Technical/Electronic
 Telephone TTY

READING AIDS (CONT.)

Braille Supplies
 Braille Printer
 Labeler
 Paper
 Slate & Kit
 Stylus
Card Playing
 Card Holder
 Cards
 Large Type
 Magnetic, With Board
Cassette Recorder/Duplicator
Cassette Player, Variable Speed
Electronic Reading Device
Electronic Reading & Speech Synthesis
Light Amplification Devices
Low Vision Items
 Aids
 Books, Large-Type
 Children's
 Educational
 Homemaking
 Leisure
 Puzzle
 Periodicals, Large-Type
 Sheet Music, Large-Type
 Music, Large Print Slides
 Playing Cards, Large-Type
 Telephone
 Enlarged Dial Adaptation
 Push Button Adaptation
Magnification Apparatus
Magnifying Equipment
Page Turner
 Manual
 Battery/Electric
 Special Continued (Blow/Suck, etc.)
Reel Recorder
Radio Reading Service Receivers
Teaching & Educational Aids
 Alphabet, Training
 Braille Shorthand Machine
 Calculators
 Braille
 Talking
 Charts & Cards
 Computer Systems
 Duplicating Machine
 Maps, Relief Globes
 Preceptual Motor
 Recorder
 Speed Listening Adaptor
 Sensory Aids, Training
 Talking Word Processors

SPECIAL PROGRAMS (CONT.)

Typing Programs
Blind
Deaf
Work Sample Programs

STANDING & SITTING

Limb Support
Sitting Aid
Standing Aid
Turntable

SWITCHES

Switches
Body Contact
Cushion
Electronic Scanner
EMG Activated
Pneumatic
Rocking Lever (Joystick)
Sonic Remote Control
Sponge
Tongue
TV Channel Selector

TABLES

Adjustable Height
Adjustable Height, Motorized
Bedside
Bedside, Tilt
Cutout (Wheelchair)
Folding
Game (Wheelchair)
Overbed
Picnic (Wheelchair)
Stand-In
Tilt
Tilt (Wheelchair)
Treatment
Utility

TEACHING & EDUCATIONAL AIDS

Aids & Accessories, Non-Braille
Audio Cassettes
Lens & Frame Polish, Eyeglasses
Print Embosser
Tape Cutter
Alphabet, Training
Braille Shorthand Machine
Calculators
Braille
Talking
Charts & Cards
Computer Systems
Duplicating Machine

TEACHING & EDUCATIONAL AIDS (CONT.)

Maps & Relief Globes
Perceptual Motor
Recorder
Speed Listening Adaptor
Sensory Aids, Training
Talking Word Processors
Tools
Training Materials
Typewriters
Vocational Testing for Visually Impaired

TELEPHONES & ADAPTATIONS

Telephone
Amplifier
Command System
Cordless
Dialer, Puff & Sip
Dial Guide
Extension Arm
Headset
Holder
Lock
Message Selector

THERAPY EQUIPMENT

Balance Beam
Balance Square
Balls
Bands, Elbow
Bench
Dressing
Therapy
Board
Crawling
Prone
Scooter
Transfer
Vestibular
Chair
Relaxation/Flexion
Roller
Straddle
Triangle
Vestibular
Desk, Standing Child
Dressing Block, Learning
Floor Sitter
Parachute Games
Prone Stander
Ramp
Rocker, Vestibular
Roll
"T"
Therapy

THERAPY EQUIPMENT (CONT.)

Rolls & Wedges
Scooter
Side Layers
Stair Case
Stand & Table, Prone Board
Stool
 Stepping
 "T"
Tables
 Adjustable Height
 Cutout
 O.T. Work
 Single Standing Child
 Two Children Standing
 Traction
 Traction, Motorized

URINARY DEVICES

Catheter Kits
Catheters
 External
 Indwelling
 Intermittent
Catheter Valve
Cleaners, Deodorants & Conditioners
 Body Powders
 Creams & Ointments
 Deodorant Powder
 Ointment, Water Resistant
 Perineal Cleaners
 Skin Cleanser
 Skin Protective Cream
Detergents
Diapers
 Adult
 Adult, Disposable
 Child
 Child, Disposable
Drainage Bags & Straps
Kits
 Bedside Drain Bags
 Leg Bags
 Night Drainage
Leg Bags
Leg Bags, Drain Valves
Odor Control
 Atmospheric
 Books
 Furniture/Bedding
Ostomy
 Activated Filter
 Cleaner
 Products
 Skin Ointment
Pads, Disposable

URINARY DEVICES (CONT.)

Powders, Deodorant
Spray Deodorant
Undergarments, Protective
Urinals
Waterproof Sheets

WHEELCHAIRS, SCOOTERS & ACCESSORIES

Scooters, Carts & Gurneys, Special Design
 Chairs, Aircraft Carry-On
 Elevated Seat for Scooters, Electric
 Go Carts, Hand Propelled Child's
 Gurney
 Motorized
 Self Propelled
Scooters & Carts
 Battery Powered
 Child's Powered
 Gas Engine Driven
 Indoor/Outdoor
 Tram, Electric
Wheelchair Accessories
 Anti-Tipping Device
 Ash Tray
 Back Rest
 Boards, Transfer
 Caddy
 Car Carrier
 Carrier
 Beverage Glass
 Crutch & Cane
Cushions
 Convolute Foam
 Elastomeric
 Pulsating
 Water
Desks
Muffs
Narrowing Device
Power Units
Pusher's Hand Brake
Ramp
Restraints
Rocker
Seat, Solid Insert
Seat Back, Solid Insert
Side Bumper & Rollers
Third Wheel Attachment
Tray
 Child's
 Utility
Transport Vehicle
Weighing System
Wheelchair Components & Aids
 Arm Supports
 Bars & Belts, Safety

WHEELCHAIRS, SCOOTERS & ACCESS. (CONT.)

Bars, Reclining
Battery
Battery Hangers
Body Positioner
Body Straps, Velcro
Brake Adaptor
Casters, Replacement
Control Systems
Controllers, High Performance
Foot Plates, Extra Large
Foot Rests
Hand Mitt, Protective
Hand Rims for Wheels
 Oblique
 Vertical
 With Knobs
Headrest Extension
Hubs
Leg Rest Pads
One Arm Drive
Posture Controller
Power Control Bar for Electric Motors
Power Drive Systems, Electric
Powered Recliners for Wheelchairs
Shock Absorbers
Spokes
Sports Chair
 Hubs & Wheels
 Special Components
Tires, Flat Proof for Wheelchairs
Tubes, Flat Proof for Wheelchairs
Wheelchair Backs
 Twist Lock
 Zipper
Wheels, Replacement
Wheelchairs, Conventional Design
 Adult
 Large
 Tall
 Amputee
 Breath Operated
 Dual Drive
 Children's
 Electric
 Elevating
 Electric
 Manual
 Junior
 Manual
 Motorized
 Reclining
 Reclining, Powered
 Sports
 Stair-Climbing

WHEELCHAIRS, SCOOTERS & ACCESSORIES (CONT.)

Stand-Up
Traveling
Water Resistant
Wooden

WRITING AIDS

Board, Magnetized Writing
Left-Handed Instruction Kit
Letter Trainer
Magnetic Wrist, Hold-On
Paper Holder, Magnetized
Pen, Weighted Ball Point
Pens & Pencils, Special Design
Tactile Devices
Tracing Language Boards

G. REHABILITATION ENGINEERING

A generally accepted definition of rehabilitation engineering is:

The application of engineering to improve the quality of life of disabled persons.

Although this definition is fairly self-explanatory, it does include activities which are very broad in scope. Research has revealed that most environments for daily living, education, training, and employment could be areas in which the services of a rehabilitation engineer or technician can be effective.

Most often rehabilitation engineers work as a part of a team which may be comprised of the disabled individuals, physician, therapist, counselor, evaluator or other professionals. This teamwork approach is the best method to assure that the disabled are receiving adequate and safe services, and that other professionals have a voice in the selection, analysis, design, manufacture or alteration of equipment for which a need is present.

A rehabilitation engineer may render service from the moment of medical stabilization, to physical restoration, community (independent) living, education and gainful employment. The unique contribution of the rehabilitation engineer is a result of specific training and experience. This background provides unique support in the following areas: a working knowledge of mechanical and electrical systems; cost, materials, and performance analysis; a comprehension of aesthetics as well as function, and a dedication to solving problems economically.

Although the rehabilitation engineer may work in many different situations, and with many different professionals, there are three categories of work which best describe the engineer's role. These are individual assessment, device selection and modification, and custom design and fabrication.

1. Individual Assessment

One important aspect of the rehabilitation process is accurately assessing a person's capabilities and limitations. The engineer may assist another professional in providing special adaptations to testing situations so that the limiting effects of a disability could be more accurately judged.

2. Device Selection/Modification

Another aspect of rehabilitation engineering is knowledge of commercially available aids and devices. Since many of these products are not available on a trial basis, and are sometimes expensive, it is important that the best and most suitable product is selected.

Sometimes commercially available devices do not adequately meet an individual's needs and special modifications become necessary. Engineering skills can be used to make these modifications.

3. Custom Design and Fabrication

There are times when no product is available to solve a specific problem. In these instances it is necessary to design and fabricate special equipment. Engineering and shop skills are needed to create a safe product at a reasonable price. It must be recognized that custom design and fabrication is by nature relatively expensive, and should be used only when no comparable products exist at lower prices.

A list of Wisconsin rehabilitation engineers and a brief description of their specialties and programs follows.

DONNA DEPAPE
Communication Aids and
System Clinic
Waisman Center
Room S-120
1500 Highland Avenue
Madison, WI 53706
(608) 263-7726
(608) 263-7723

Donna DePape is the Director of the Communication Aids and Systems Clinic located at the University of Wisconsin. The Clinic works closely with the TRACE Center and they do see individual clients. They do individual evaluations geared toward systems for communication. A fee schedule for the Clinic can be obtained from Donna.

EDWARD F. ELLINGSON
Comprehensive Rehabilitation
Center
Curative Rehabilitation
Center
9001 Watertown Plank Road
Wauwatosa, WI 53226
259-1414
TTY/TTD 257-1066

Ed Ellingson is a Consulting Engineer with Zerrecon, Inc., and working under contract to the Comprehensive Rehabilitation Center Project. He can design and build special devices or modifications, or assist in selecting available products to satisfy individual needs. Ed's service is available free of charge to qualifying individuals or agencies under the CRC Project. The emphasis of the Project is employment and independent living for disabled individuals. His services are also available for a fee thru Zerrecon, Inc., 1549 N. 51 Street, Milwaukee, WI, 53208. 475-6533/

TERRY GRALL
Interdisciplinary
Design Consultants
6405 Paradise Lane
Sheboygan Falls, WI
53085
(414) 467-2393

Terry Grall is a human factors engineer and can do evaluations of individuals as well as evaluations of job sites to determine modification needs. He is also a seating specialist and has worked with young adults and children in

posturing and seating. He has also developed a number of products, such as: standing aid frame, foot harnesses, audio-light foot signal (for gait monitoring), mobility aid tricycle, and other products of that nature. He has a company called: Consumer Care Products, Inc. He has a Ph.D. in Ergonomics and his fee schedule varies regarding the type of consultation; from \$20.00 to \$55.00 per hour.

JOHN GUGERTY
Wisconsin Vocational
Studies Center
University of Wisconsin
964 Educational Sciences Bldg.
Madison, WI 53706
(608) 263-2696

John Gugerty is listed here because he has developed an extensive resource catalog on "Tools, Equipment and Machinery Adapted for Vocational Education and Employment of Handicapped People." The catalog is in printing at this time and will soon be available for distribution. Cost and information regarding this catalog can best be obtained from John at the Vocational Studies Center.

BILL HARRING
Rehabilitation Facilities
of Wisconsin
206 E. Olin Avenue
Madison, WI 53713
(608) 257-1456

Bill Harring is an industrial engineer working for the Rehabilitation Facilities of Wisconsin. Bill's main effort is to provide facilities such as sheltered workshops, consultation on their production needs. He can best be used by facilities to develop jigs and fixtures, etc. Since Bill works for the Rehabilitation Facilities of Wisconsin, cost for his services to the facilities is through the RFW fee schedule.

BILL JOHNSON
Research and Training Center
University of Wisconsin--Stout
Menomonie, WI 54751

The University of Wisconsin--Stout, Research and Training Center is another resource where you can get information regarding programs and articles on rehabilitation engineering. While they do not do individual consultations they are involved in research and training and are in the process of developing a component on rehabilitation engineering for the R&T Center. The person to contact is Bill Johnson.

ROBERT JONES
University of Wisconsin
Hospital & Clinics
Center for Health Sciences
University of Wisconsin
600 Highland Avenue
Madison, WI 53792
(608) 263-8066

Robert Jones is a rehabilitation engineer working at the University of Wisconsin Hospital and Clinics. He has a Ph.D. in rehabilitation engineering and can provide his services only through the hospital. Referrals to him have to come through that system. The fee schedule for the hospital and clinic services also varies depending on the type of consultation and the time involved. For an up-to-date fee schedule please contact the UW Hospital and Clinics.

GREG VANDERHEIDEN
TRACE Center
314 Waisman Center
1500 Highland Avenue
Madison, WI 53706
(608) 262-6966

Greg Vanderheiden is the Director of the TRACE Center at the University of Wisconsin--Madison. The TRACE Center is a research and development center dealing mostly with communication control. They do not work with individual clients but they are a good resource for communication and control information.

DON WARREN
Clinical Convenience Products
Contracting Services Division
2070 Helena Street
Madison, WI 53703
(608) 249-1234

Don Warren, Clinical Convenience Products, can provide individual evaluations for special needs equipment, as well as evaluation of the work site or home environment to determine modification needs to site or to equipment to best accommodate an individual. Don has developed a number of products in the area of environmental controls. He has also developed special puff control dictation equipment as well as audio feedback measuring units (a wire counter and scientific scale). Don has the ability to modify existing devices to meet individual needs. Don's fee schedule also depends on the type of consultation and varies from about \$20.00 to \$55.00 per hour. He is also connected with Dynamic Mobility and provides extensive modifications to allow severely disabled persons to drive.

The above information on Rehabilitation Engineering was compiled and written by Ric Cerna of the Madison office of Wisconsin DVR.

H. ADAPTIVE CLOTHING

Clothing can have an effect on how people feel about themselves. For some persons with disabilities adaptive clothing adds to independence and comfort. Devices such as zipper pulls, button hooks, and stocking aids also may enable a person to be more independent in dressing. The sources listed below provide information on adaptive clothing and self-help aids.

CARE-SEW-MUCH
432 Alpert
Fort Collins, Colorado 80521
Ready-Made adaptive clothing.
Catalog sent on request.

CLOTHES FOR THE PHYSICALLY
HANDICAPPED HOMEMAKER
Clarice Scott
Home Economics Research No 12
Agricultural Research Service
U.S.D.A.
Washington, D.C. 20250

CLOTHING RESEARCH AND DEVEL-
OPMENT FOUNDATION
One Rockefeller Plaza, Suite 1912
New York, New York 10020
Adaptive jeans.

CONVENIENCE CLOTHING CLOSURES
Talon Velcro Consumer Educa-
tion
41 East 51st Street
New York, New York 10022
Free 20-page booklet with sections
on clothing selection, zipper ad-
aption, and accessories.

DYS CLOTHING ADJUSTMENT
SERVICE
488 Madison Avenue
Calument City, Illinois 60409
Custom tailored clothing for hand-
icapped men, women and children.

FASHION ABLE
Rocky Hill, New Jersey 08553
Adaptive clothing and self-help
aids.

FRED SAMMONS, INC.
Self Help Aids
P.O. Box 32
Brookfield, Illinois 60513

LEINENWEBER, INC.
69 West Washington Street
Chicago, Illinois 60602
Custom tailored fashions for the
wheelchair bound.

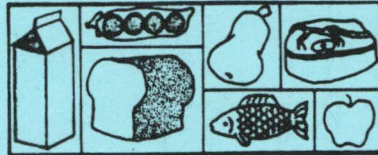
NEW LOOK PATIENT APPAREL, INC.
505 Pearl Street
Buffalo, New York 14202

PTL DESIGNS, INC.
Apparel Manufacturing
P.O. Box 364
Stillwater, Oklahoma 74074
Custom orders by mail. Catalog
by request--\$1.00.

VOCATIONAL GUIDANCE AND RE-
HABILITATION SERVICES
2239 East 55th Street
Cleveland, Ohio 44103

Write c/o Director, Clothing for
the Handicapped Department.
Special custom designs in clothing
and aids.

WHEELCHAIR FASHIONS, INC.
Box. 99
South Windham, Maine 04082



CHAPTER 14

WELLNESS AND NUTRITION

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WELLNESS AND NUTRITION

- A. A WELLNESS LIFESTYLE
- B. NUTRITION
 - FOOD PURCHASE AND STORAGE INFORMATION
 - FOOD SERVICES AND PROGRAMS
 - FOOD STAMPS
 - FOOD DISTRIBUTION SERVICES

WELLNESS AND NUTRITION

A. A WELLNESS LIFESTYLE

"Health", "nutrition", and "wellness" are terms which are easily recognized but not so easily defined.

"Nutrition", basically, is the food that we eat. Since everyone needs food, this is an area of universal concern. Nutrition also includes diet and health. There are dieticians and nutritionists who offer advice about the quality and balance of foods to be eaten in order to stay healthy. Nutrition implies even more, though, than the food we eat. Shopping for food, menu planning, food storage, and food costs are all included. These areas and others will be discussed in detail in Section B of this chapter.

"Wellness" and "health" are more abstract concepts and are not as easily explained as "nutrition". Health is a process of continuous change throughout life. It is influenced, favorably or unfavorably, by many factors, such as genetics, food, medical care, physical activity, disease, and environmental conditions.

Wellness is a broad term that has been interpreted in many ways. It can perhaps be best understood as a philosophy, and attitude, or a lifestyle. Wellness includes good physical care, expressing emotions, being involved with people, and being concerned about the physical and psychological aspects of one's environment. These all play a very important part in "wellness", but in many instances wellness is more than a philosophy or an attitude. It is a practical example of a person's commitment to playing a positive role in the world around them. "Wellness" influences not only the person themselves, but those around them as well. An ancient term, "Live long and prosper", seems to exemplify today's concept of "Wellness".

Disabled and able-bodied people alike continually make choices that either move them toward or away from a "wellness lifestyle". These choices either contribute to each person's health and well-being, or they do not. In short, wellness is the responsibility of the individual, regardless of whether that individual has a physical disability or not.

To move in the direction of a wellness lifestyle, you first have to set realistic goals for yourself--goals that are centered around improving your present lifestyle. In terms of your health and well-being, things to consider improving include:

1. your eating habits
 - what you eat
 - when you eat
 - whether the food groups in your diet are balanced
2. how you cope with stress
3. your sleeping habits
 - when you sleep
 - how much you sleep
4. your activity level
 - how active you are physically
 - how strenuous your physical activity is
 - how regularly you exercise
5. how much you smoke or drink

To improve any of these things (and they cannot all be changed at once), you will also have to consider the amount of assistance that you require because of your disability. So, changes "for the better" will also depend on:

1. who else lives with you
2. what kind of transportation is available to you
3. your budget
4. who you depend on for assistance

Whatever "wellness" goals you set for yourself, you should first take into account your potential--and only yours--for reaching these goals, according to the circumstances of your own--and not anyone else's--life. Some compromising will, of course, be necessary, depending on the extent that other people are involved in your daily living activities.

Living a wellness lifestyle starts with "knowing yourself"--both your capabilities and your needs. Understanding these things can help insure that the goals you set in relation to living your wellness lifestyle are reachable ones for you. In other words, knowing yourself will help guarantee that your wellness lifestyle is based on realistic expectations of yourself.

B. NUTRITION

Food. We all need it to survive and even though making sure that your daily diet supplies you with the nutritional value needed for good health can be somewhat expensive, there

are several things you can do to help balance cost and nutrition. A good shopper will learn to consider the following:

FOOD PURCHASE AND STORAGE INFORMATION

Prepare a Shopping List:

It is recommended that you prepare a shopping list at home, where you can easily check to see what items you will need. Making a list and buying only what is on that list will also save you money as it helps to eliminate impulse buying. (Impulse buying means buying food you really do not need but because it "appeals" to you, you spend the money. When you are trying to save money, this is a real downfall.)

Coupons:

By clipping coupons from the newspaper, magazines, etc. you will be able to buy the items you need and save money by doing so. Store coupons offer you money off the regular price of a product.

Label Reading:

Product labels supply the consumer with information about the contents of packages, boxes and canned goods. Sometimes product packages can be deceiving as to the amount of the contents. A bigger package does not always mean a larger quantity of a product. By reading the label for weight, you will know exactly what you are paying for and, therefore, save money.

Packaging:

If you are purchasing foods that you plan to freeze, be sure that they are wrapped in air tight plastic freezer bags or containers to help avoid spoilage.

Foods that you plan to refrigerate also should be wrapped well, except for fruits and eggs.

Improper wrapping not only promotes spoilage but encourages vitamin and nutrition loss.

Generic Brands:

Generic brands have become a popular moneysaving idea. Almost any supermarket chain will have name brands as well as "generic brands". Because you are not paying for a fancy label or package you are able to save money. Quality, taste and nutritional value are the same as brand name foods but the cost is less.

Convenience Foods:

Prepared foods, usually frozen, are known as "convenience foods". These foods are usually more expensive because you are paying for someone else's labor to prepare the meal.

Although these foods have the advantage of saving the consumer preparation time, this time should be weighed against the added cost.

A disabled person may have restrictions in their ability to prepare and cook food from scratch. In such a case, the extra cost may be worth it, but this is up to the individual.

Food Storage:

If you have a freezer with adequate space, you are usually able to save money and shopping time by buying meat, vegetables and fruit in bulk and freezing it for future use. However, it is important to learn the proper method for freezing foods and how long you are able to keep certain items before they spoil.

Although canned goods may not be as fresh tasting or nutritionally valuable as fresh or frozen foods, they have the advantage of easy storage and a long shelf life.

Dry goods such as flour, rice, macaroni, nuts, beans, etc. require little maintenance. Dried or dehydrated fruits are an adequate substitute for fresh fruits and are easily stored.

Sanitation:

Proper sanitation is a must when preparing meals. A garbage disposal is the easiest way to dispense food peelings, egg shells, etc. However, if you do not have a disposal, use a covered, water proof container and empty it regularly especially during the summer months when it will become rancid more rapidly.

Food and Meal Planning:

Time must be allotted to prepare a menu. It may be helpful to match up a weekly menu with your weekly shopping list. A wide variety of foods can be planned but a good menu will always include the proper nutritional value: a proper balance of dairy products, protein, vegetables, fruits and grains. (The protein value of meat may be matched with combinations of fish

cheese, eggs, vegetables and grains.) Learn what a person needs to remain healthy and then plan accordingly.

Learn to wisely use leftovers. This can save you money, as well as become "creatively" fun.

Snack foods can be expensive and usually have little or no nutritional value. Learn to snack on nuts, fruits, juices, etc. instead of potato chips, starchy and sugar filled foods.

Special Diets:

Special diets are prescribed for an individual's health needs and are usually prescribed by the doctors and/or dieticians. These individuals are qualified to answer any questions and concerns a person has and should be consulted.

Food Preparation:

Although there are no right or wrong ways to prepare food, there are a few guidelines that should be noted:

- Vegetables that are overcooked have little or no nutritional value.
- Steaming or using small amounts of water instead of boiling results in more nutrition and better taste.
- After cooking vegetables, save the liquid. It will help to make a good, nutritious soup or broth.
- Fresh juices are an excellent way to add fruits and vegetables to a diet. However, to get the greatest value out of the juices, they must be consumed soon after preparation.

Serving:

After the menu has been set, the shopping completed and the meal prepared, some thought should go into serving that meal.

- Be sure to eat the proper amount of food needed to maintain good health.
- Check that you are eating the proper caloric intake for your height, weight, sex and bone structure.
- Serve meals attractively.

FOOD SERVICES AND PROGRAMS

The following is a list of services and programs offered to the disabled. The University of Wisconsin - Extension has a very comprehensive network of nutritional information and training programs in HomeCare Skills.

Dial-a-Mini Message

This is a library of taped information covering the areas listed below:

Foods and Nutrition
Food Preservation
Gardening
"Diet analysis by computer" information

To review these tapes, call: 936-7777

Mailed Information

Lists and order forms for bulletins, booklets and fact sheets on the topics of Food and Nutrition, Food Preservation, Storage and Safety, and Home Management are available (for a nominal cost) from the UWEX, 257-5351.

Also available from UWEX is a newsletter which features nutritional information and new recipes.

Shoots n' Roots is an educational gardening and nutrition program conducted by UWEX. Any gardening information can be obtained here (including rental of city garden plots).

Shoots n' Roots
UW Extension
9722 Watertown Plank Rd.
Wauwatosa, WI 53226
277-9445

Shoots n' Roots also prints a newsletter.

The Expanded Food and Nutrition Education Program (EFNEP) is a big part of UWEX that has much to offer:

Home Visits--EFNEP program assistants specialize in nutrition education. Individuals enrolled in EFNEP can learn:

1. Meal planning skills
2. Tips on storing and preserving food

3. Food shopping and budget skills

For more information, call: 257-5368 or 257-5354.

FOOD STAMPS

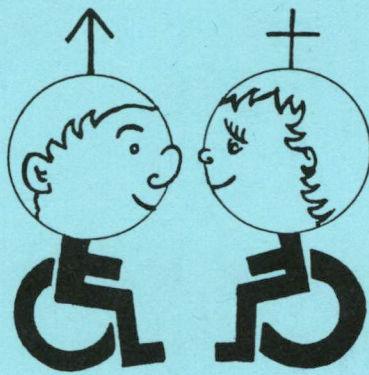
If your income is below a certain level, you may be eligible for food stamps. Eligibility information and the food stamp program description may be obtained by calling 1-800-362-9634.

Apply as soon as possible as there is often a waiting period from the time food stamps are applied for and when they are received.

For more information, refer to the Food Stamp section in Chapter 4.

FOOD DISTRIBUTION SERVICES

There are churches and groups in the Milwaukee area that provide immediate food distribution. These resources are found in the Financial and Material Resource section of the list of community services found in Chapter 2.



CHAPTER 15
SEXUALITY

CHAPTER 15

SEXUALITY

- A. SEXUALITY
- B. REFERENCES AND RESOURCES

SEXUALITY

A. SEXUALITY

What is sexuality? Ten people might give ten different answers to this question. In order to clarify the many issues related to sexuality, it is necessary to differentiate between the many different meanings associated with this term. Often-times, "sex" and "sexual intercourse" are used as synonyms for sexuality. Sexuality, however, is more than the physical act, or the "how-to-do's".

"Sex is something we do. Sexuality is something we are", said Anna Freud. Sexuality includes the way we feel about ourselves, the way we relate to others, and the way we express who we are. Sexuality is the many aspects of an individual's personality, including emotional, intellectual, physical, and social, which express maleness and femaleness. This maleness and femaleness is expressed in everyday activities, including work, school, dressing, eating and social activities. Sexuality, as an expression of oneself, is evident in all these daily activities.

The topic of sexuality is often surrounded by myths and feelings of anxiety by many people in our society. The issue of disability often increases these myths and feelings of anxiety that exist. For too long the sexuality of disabled people has been ignored, dismissed, actively discouraged, or distorted by others. People with disabilities have been thought of as different, as asexual, as child-like. The tendency has been to emphasize differences between disabled people's sexuality and needs, and those of able-bodied people. This emphasis on differences unnecessarily promotes negative attitudes and behavior towards disabled people. It is negative attitudes and behavior, myths, and a lack of information that creates handicaps, and an atmosphere of isolation and fear.

Society creates handicaps. While most disabilities are products of birth and accident, the debilitating impact on a person's life often results not so much from the "disability" as from the manner in which others define or treat the person. (S. Gordon, 1974)

The issues about sexuality facing disabled people are universal issues, not necessarily disability issues. These include: meeting other people, forming relationships, dating, marriage, parental attitudes, sex education, sexual potential, and genetics.

Many questions that a disabled person might ask are the same as questions a non-disabled person might ask, such as:

Do I look attractive?

Can I ask her/him for a date?

Will he/she refuse to talk to me?

How can I meet people?

How will she/he judge my intimate self?

Do I want to have children?

All of these are questions that many people consider, discuss, and often worry about.

As a part of human sexuality, sexual activity and an interest in sex are normal and healthy. Touching, movement, odors, intercourse and fantasy are just some ways to experience sexual pleasure. What is pleasurable and exciting to one person, might be different to another person. In short, there are many ways of expressing oneself through sexual activity, and these physical means of expression are an important part of a person's sexuality.

How does having a physical disability influence sexual activity? A new position, a new technique, or a new adaptation can mean a new way of giving and receiving pleasure and enjoyment. Changes such as these must be worked out by you and the person you are with.

Following are some questions you as a disabled person might ask yourself:

1. Can I still feel sexually attractive with my physical disability?

Sexual attractiveness is very "standard" in our society. The media (TV, movies, newspapers, magazines) project certain definite images of what is attractive. These images affect our own self-image, which we measure by the media image of what is attractive.

Few people actually live up to the image projected by the media. In real life, this is something we accept, about ourselves and about others.

Sensitivity, understanding and openness to each others' needs can help both you and your partner be comfortable with your sexuality and your disability.

2. Will my physical disability affect my overall relationship with a person? Can my partner accept my disability?

You want a relationship to develop. At the same time, you have a fear of being rejected because of your disability. (Fears of being rejected, by the way,

are normal.) This fear keeps you from being open about the special needs you have because of your disability, because you do not want to "lose" the person. However, not discussing your needs keeps the relationship from developing further. And then, by the relationship not developing, you are afraid the other person will think you are not interested in a sexual relationship.

At some point in time, you will have to find out how comfortable the other person is with your disability. However this is done, the first step is to be comfortable yourself with the limitations and adjustments that are required because of your disability.

Disabled people face what anyone else faces - wanting to be accepted, and a fear of rejection - but they face it on three levels: as a human being, as a sexual being, and as a disabled person. The important thing to remember here is that your emotional relationship with a special person is as important as, if not more important than, your sexual relationship with that person.

3. Should the same person who provides my personal care be my sexual partner?

This is up to you and your partner. Generally, it is recommended that your personal care needs be kept separate from your sexual needs. This is to keep your sexual activities from becoming as "mechanical" as your personal care activities are (since personal care is done on such a routine basis). However, how you work this out is up to you.

Above all, try to understand your own sexuality and how it is influenced by your disability. After all, you must understand this before someone else can.

Certainly physical disability often forces a change in the way one does things, but with patience, and respect for oneself, change means just different, not less. (Lance M. Dodes, M.D., 1977).

B. REFERENCES AND RESOURCES

There is a considerable amount of information on sexual issues of disabled people. Some information is about sexuality in general; other information is focused on specific disability groups. Information ranges from general discussions of sexuality to explicit manuals on the "how-to's" of sexual activity for a disabled person.

Libraries (medical, public, agency) are a possible starting place to find references. Bookstores often have books that deal with sexuality; these books may not address the specific disability issues, but are helpful with sexuality in general.

Resources vary, according to your needs and personal feelings. Some people to talk to might include: medical personnel, counselors, clergy, peers, agencies, etc. The main point to keep in mind is: Who would I feel comfortable talking to? Above all, if your questions are not answered to your satisfaction, seek help from another source.



CHAPTER 16
RECREATION

CHAPTER 16

RECREATION

- A. WHAT IS RECREATION?
- B. RESOURCES AND FACILITIES IN THE MILWAUKEE AREA
SPORTS
ORGANIZATIONS
- C. ADAPTIVE EQUIPMENT
- D. OTHER SOURCES OF INFORMATION

RECREATION

A. WHAT IS RECREATION?

Independent Living is more than having your own place to live, or holding down a job to "pay your own way". An equally important part of living independently is what you do in your leisure time. It is up to you to decide what recreational activities interest you, what you enjoy or would enjoy doing, and what challenges you. In short, it is you who decides what to do for fun and relaxation.

The term "recreation" is used to refer to activities that we do in our leisure time. They are chosen by us because we enjoy doing them. Participating in a recreational activity (and there are many to choose from) can help us maintain a healthy balance of "work" and "play" in our lives--a balance that promotes good mental and physical health.

As you read this chapter, consider the possibilities for recreation. Do not automatically rule out an activity because you are unable to use the standard equipment it requires. Special equipment might be available, or possibly regular equipment could be adapted to enable you to participate in the activity.

B. RESOURCES AND FACILITIES IN THE MILWAUKEE AREA

Many agencies and organizations in Milwaukee offer sports and recreation programs for disabled people. The list of programs in this section is not complete, but a more thorough list is presently being developed by Curative Rehabilitation Center's CRC Project. CRC would also like input on what programs are wanted, but are not available in the greater Milwaukee area. If you want a certain program to be offered, there are two steps you can take:

1. Find a few people besides yourself who are interested in a program.
2. Call the CRC Project at 259-1414 Ext. 371 or 372 or SEWCIL at 643-0910 to communicate your interest.

When choosing a program to participate in, where it is located and whether it is accessible are factors that must be considered. If you are interested in joining a program, call the agency first and ask questions about the program, such as:

1. When is the activity offered (day of the week, time of day)?
2. Is there a fee for the program? If so, how much is it?

3. Who are the instructors?
4. What disabilities do they include in the program?
5. What kind of transportation arrangements can be made, if necessary?

Answers to these questions will help you and the agency decide whether a particular program is right for you or whether more services are needed than those the agency presently provides.

If you have difficulty finding the kind of program you want, call the CRC Project at 259-1414 Ext. 371 or 372. They will assist you or help you start one that there is interest in. It is possible that you may have difficulty contacting some of the programs. This is due to the fact that contact people may change and that some of the phone numbers listed are home phone numbers. If contact problems should arise, call the CRC Project or SEWCIL at 643-0910.

Following is a list of programs for the disabled in the Milwaukee area. Some of the organizations may not have ongoing recreation activities but can give you information on other programs.

SPORTS

Note: Those sports listed as "wheelchair" sports are not necessarily restricted to disabled persons who use a chair at all times. They may also include people with different disabilities.

1. Archery

Wood V.A. Center
5000 W. National Avenue
Wood, WI 53193
384-2000 Ext. 2574

2. Bowling for the Blind

Adrian Smith
3811 W. Galena
Milwaukee, WI 53208
344-3271

3. Deaf Bowling League

Milwaukee Silent Club
7336 W. St. James Ct.
Wauwatosa, WI 53213
257-9582

4. Fishing/Hunting

Assists in designing and adapting equipment for fishing, bow hunting and shooting.

William Hatcher
272-3764
643-1132

5. Horseback Riding

The Ranch Rehabilitation Services
Horseback Riding Instruction
P.O. Box 502
Menomonee Falls, WI 53051
251-8670

Jukela Stables
Barbara Timmel
812 N. Griffith Rd.
Oconomowoc, WI 53066
965-2839

6. Racing (Running)

SEWCIL
Joyce Rendel
1545 S. Layton Blvd.
Milwaukee, WI 53215
643-0919

7. Golf

Patrick Harley
2007 Bay Point Lane
Hartland, WI 53029
367-6643

8. Pulk Skiing

J.W. Marshall
4712 N. 21st Street
Milwaukee, WI 53209
449-1646

9. Swimming

Y.M.C.A./North Suburban
Walter Schroeder Aquatic Center
9250 N. Green Bay Road
Brown Deer, WI 53209
354-9622

10. Trap Shooting

Boxhorns Big Muskego Gun Club
Don Schmidt
Wood V.A. Center
5000 W. National Avenue
Wood, WI 53193
384-2000 Ext. 2574

11. Wheelchair Basketball

Milwaukee Gustos
Rick Reimer
1418 E. Roberta
Waukesha, WI 53186
545-4147

12. Wheelchair Bowling

Wisconsin Wheels
Gary Kuokkanen
7730 W. Arthur Avenue
West Allis, WI 53219
545-7570

Daryl Pfister
N54 W15858 Larkspur Lane
Menomonee Falls, WI 53051
781-6876

13. Wheelchair Softball

Don Schmidt
Wood V.A. Center
5000 W. National Avenue
Wood, WI 53193
384-2000 Ext. 2574

14. Wheelchair Square Dancing

National Spinal Cord Injury Foundation
9001 W. Watertown Plank Road
Milwaukee, WI 53226
475-7792

ORGANIZATIONS

1. American Red Cross
2600 W. Wisconsin Avenue
Milwaukee, WI 53233
342-8680
2. Amputee Center
7001 W. National Avenue
West Allis, WI 53214
258-9066
3. Arthritis Foundation
1442 N. Farwell Avenue
Milwaukee, WI 53202
276-0490
4. Artreach/Milwaukee
161 W. Wisconsin Avenue
Milwaukee, WI 53203
271-4704
5. Blind Outdoor Leisure Development (B.O.L.D.)
729 Summit Street
Hartford, WI 53027
673-5530 or 931-8070

6. Boy Scouts of America
3716 W. Wisconsin Avenue
Milwaukee, WI 53208
344-6830
7. Concerned Hearts Club
c/o Marty Erickson
3169 Holton Street
Milwaukee, WI 53212
263-7106
8. Curative Rehabilitation Center--CRC Project
9001 W. Watertown Plank Road
Milwaukee, WI 53226
259-1414 Ext. 371-372
9. Curative Rehabilitation Center
9001 W. Watertown Plank Road
Milwaukee, WI 53226
259-1414 Ext. 340
10. Easter Seal Society Recreation Center
5151 S. 6th Street
Milwaukee, WI 53220
482-0133
11. Girl Scouts
2500 N. Mayfair Road
Milwaukee, WI 53226
476-1050
12. Goodwill
6055 N. 91st Street
Milwaukee, WI 53225
353-6400
13. Greater Milwaukee Stroke Club
1653 S. 24th Street
Milwaukee, WI 53204
645-9855
14. Jewish Vocational Service
1339 N. Milwaukee Street
Milwaukee, WI 53202
272-1344
15. Lincoln Memorial Art Center
750 N. Lincoln Memorial Drive
Milwaukee, WI 53202
545-8080
16. Milwaukee City Recreation Department
475-8188 or check your phone book for the number of the
city recreation department in your area.

17. Milwaukee County Park Recreation and Culture Dept./
Handicapped Programs
Wil-O-Way Centers
762-2324
18. Milwaukee Public Schools, Division of Municipal
Recreation and Community Education
P.O. Box Drawer 10K
Milwaukee, WI 53201
475-8193
19. Milwaukee Silent Club
7336 W. St. James Ct.
Wauwatosa, WI 53213
276-4022 (TTY)
20. Mt. Zion Luthern Church
12012 W. North Avenue
Milwaukee, WI 53226
258-0456

Social group, games for ambulatory, retarded adults.
21. Multiple Sclerosis Society of Milwaukee
750 N. Lincoln Memorial Drive
Milwaukee, WI 53202
272-3004
22. Muscular Dystrophy Association
5918 W. North Ave.
Milwaukee, WI 53208
453-7600
23. National Multiple Sclerosis Society--Southeastern
Wisconsin Chapter
615 E. Michigan St.
Milwaukee, WI 53202
276-4606
24. National Recreation and Park Association
1601 N. Kent St.
Arlington Heights, Virginia 22209
25. National Spinal Cord Injury Foundation
9001 W. Watertown Plank Road
Milwaukee, WI 53226
475-7792.
26. The Ranch
W187 N8581 Maple Road
Menomonee Falls, WI 53051
251-8670

27. St. James Deaf Mission
833 W. Wisconsin Avenue
Milwaukee, WI 53233
271-1340
28. United Association for Retarded Citizens in
Milwaukee County
611 W. Wells Street
Milwaukee, WI 53202
272-2412
29. United Cerebral Palsy
152 W. Wisconsin Avenue, Suite 434
Milwaukee, WI 53203
272-4500
30. University of Wisconsin--Milwaukee
Dept. of Human Kinetics
Enderis 411
Milwaukee, WI 53211
963-4996
31. Veterans Administration Center
5000 W. National Avenue
Wood, WI 53193
384-2000 Ext. 2574
32. Wisconsin Park and Recreation Association
8320 W. Bluemound Road #211
Wauwatosa, WI 53213
771-5575
33. YMCA
915 W. Wisconsin Avenue
Milwaukee, WI 53233
276-5077
34. YMCA/North Suburban Branch
Walter Schroeder Aquatic Center
9250 N. Green Bay Rd.
Brown Deer, WI 53209
354-9622
35. YWCA of Greater Milwaukee
610 N. Jackson Street
Milwaukee, WI 53202
271-1030

C. ADAPTIVE EQUIPMENT

Adaptive equipment plays an important part in enabling many persons with disabilities to participate in recreational activities. Some of the equipment available is listed below. It may also be possible to have a friend make or modify equipment for you to use in order to save money.

Another source of information on adaptive equipment is the CRC Project at Curative Rehabilitation Center. Their number is 259-1414 ext. 371 or 372.

1. Bicycling Equipment

Schwinn Tandem Bicycles are bicycles built for two riders that permit visually handicapped individuals to ride safely with non-impaired partners. Cost: \$160.00 and up.

Available through local distributors.
Consult Yellow Pages of the telephone directory.

Spina Bifida Range Tricycles are three-wheelers specifically designed so that persons of all ages who have no use of their legs can use hand propulsion to move the tricycle. Fixed gear drive from the rear axle results in bicycle pedals moving, thus exercising the rider's legs as well. Cost: \$150.00-200.00.

George Fitt Engineering
Tankerton Road
Whitstable
Kent, England

Tricycle Body Support attaches to any tricycle frame, enabling children with poor balance to enjoy tricycle activities. The support adjusts for height and girth. Cost: \$15.25. Homemade alternative: An aluminum frame and canvas backing, similar to a wheelchair back, could be welded or bolted to a tricycle.

J.A. Preston Corporation
71 Fifth Avenue
New York, New York 10003

Special Pedals are wood devices with leather heel supports and straps that attach to the pedals of bicycles or tricycles to keep the user's feet from slipping off. Cost: \$16.40. Homemade alternative: Could be constructed by attaching a 3/4 inch wide leather strap around one end of a seven to nine inch piece of wood, and securing another piece of leather at the heel for support; securely attach this to each bicycle pedal.

J.A. Preston Corporation
71 Fifth Avenue
New York, New York 10003

Buddy Bar is an attachment that joins two regular bicycles side-by-side approximately one yard apart, permitting visually handicapped, mentally retarded, or physically impaired persons to ride beside non-handicapped partners. Cost: \$40.00. Homemade alternative: Join a piece of metal tubing securely to the frame of each bicycle below the handlebars.

Funway
13930 Stransbury
Detroit, Michigan 48227

2. Billiards

Cue steadier

Handee for You
7674 Park Avenue
Louville, New York 13367

Cue stick bridge

Charlton Mfg.
3511 Hwy. D
West Bend, WI 53095

3. Adaptive Equipment for Ball Activites

Adjustable Batting Tee can be raised to any height from 27 inches to 43 inches accomodating batters with a wide range of ages and heights. This enables individuals with poor coordination or visual impairments to practice batting skills and participate in softball or baseball games. Price includes telescoping tee, base, and plastic ball. Cost: \$4.50. Homemade alternative: Cut out the top end of a wiffle-ball bat and slip the bat through the end of a traffic cone. Or, cut a piece of 3/4 inch plywood into a two x two foot square; anchor a two to three foot tall pole or dowel (1½ to 2 inches diameter) into the base with nails or screws. Attach a piece of hose with an adjustable clamp to the pole, which can then be raised or lowered according to height of children participating.

Flaghouse, Inc.
18 West 18th Street
New York, New York 10011

The No Miss Mitt is a baseball glove constructed of special pile materials so that a velcro-covered plastic ball will adhere to it. This ensures a successful experience for children who may never have caught a ball. Cost: \$5.00 (ball and glove). Homemade alternative: Make a mitt or

mitten from an old towel and sew velcro strips to it; cover an old plastic ball with velcro strips. Or, make a ball by stuffing nylon stocking into an old sock, tucking loose ends of the sock inside and sewing shut; attach velcro strips to this.

Libra International Distributors
473 North Church Street
Moorestown, New Jersey 08057

Audible Football, Softball, Soccerball are regulation balls with battery powered sound sources inside that assist visually impaired persons in locating them by sound alone. Cost: \$50.00. Homemade alternative: No effective and safe alternative known.

Sensory Aids
175 Terminal Drive
Plainville, New York 11803

Cube Ball is an eight-inch polyhedron made of polyurethane particularly suited for indoor ball games that involve kicking. The ball's shape permits it to roll accurately where kicked, but it does not roll too far or too fast from players with locomotor difficulties. Cost: \$5.00. Homemade alternative: A large sponge or piece of foam can be cut into a polyhedron shape with scissors or, more easily, with an electric knife. When using an electric knife, hold the piece of sponge or foam in a vise, between two stacks of books, or between two cinderblocks.

Elementary Gym Closet, Inc.
2511 Leach Road
Pontiac, Michigan 48057

Left-Handed Catcher's Mitt is a regulation Spaulding glove designed for people who catch with their left hand (amputees, physically handicapped, or left-handed). Cost: \$21.95. Homemade alternative: None known.

The Left Hand, Inc.
140 West 22nd Street
New York, New York 10011

4. Bowling

Bowling Booster is a fiberglass portable ramp for use by persons who cannot move their arms to propel a bowling ball in the conventional manner. The ball can be propelled using the feet, hands, arms, or other body part. Cost:

\$47.50. Homemade alternative: A wooden ramp with sides could be constructed, but it would not be as portable, lightweight, and friction-less.

Recreation Unlimited
82 Woodend Road
Stratford, Connecticut 06497

Bowling Ball Pusher is a long-handled rake-like device, and is an aid for persons who cannot bend and throw a bowling ball but are too mobile to require a bowling ramp. Cost: \$39.95. Homemade alternative: A pushbroom could be used; or cover the end of an old bristle-less pushbroom with foam and felt (so that the bowling lane is not damaged). A device similar to a suffleboard pusher but with a larger head would be ideal.

North American Recreation
P.O. Box 758
33 Knowlton Street
Bridgewater, Connecticut 06601

Handle-Grip Bowling Ball is a ball with a handle that retracts allowing true roll; individual finger strength and dexterity are not required to use this ball. Cost: \$52.50. Homemade alternative: None known.

North American Recreation
P.O. Box 758
33 Knowlton Street
Bridgewater, Connecticut 06601

Recreation Unlimited
82 Woodend Road
Stratford, Connecticut 06497

Bowling Ball Holder Ring attaches to the arm of wheelchair and holds a bowling ball securely in the bowler's lap while he/she wheels up to the foul line. Cost: \$9.99. Homemade alternative: Any piece of metal (heavier than a coathanger) bent in a circle and clamped to the wheelcair arm will do.

George H. Snyder
5809 N.E. 21 Avenue
Fort Lauderdale, Florida 33308

Mahler Standard Bowling Rail guides visually impaired bowlers in a straight path to the foul line and meets standards of the American Blind Bowling Association. Cost: \$28.95. Homemade alternative: Use the end lane and let participants use the wall as guide. In center lanes, blind bowlers can use the ball return as a guide.

American Foundation for the Blind
15 West 16th Street
New York, New York 10011

5. Cards

Card Holder/Shuffler

Arco Playing Card Company
310 South Racine Avenue
Chicago, Illinois 60607

Fashion Able
Rocky Hill, New Jersey 08553

6. Adaptive Equipment for Children

Audible Nerf Ball is a soft, spongy play ball that beeps continuously when turned on; especially suited for small visually impaired children. Cost: \$37.50. Homemade alternative: Nerf balls can be cut from sponges or foam, but it is doubtful whether a bell or baby's rattle could be safely or effectively inserted into the ball.

Science for the Blind Products
221 Rock Hill Road
Bala Cynwyd, Pennsylvania 19004

New Elevated Sandbox can be used for either sand or water play and is elevated to accommodate children in wheelchairs. Cost: \$169.00. Homemade alternative: Make a table, approximately 30 inches in height, with part of the table top cut away so that a metal laundry tub or child's plastic sandbox can be secured to the center.

Game Time
6874 Washington Avenue So.
Eden Prairie, Minn. 55343

The Mobile Mat is a 16 x 43 inch padded platform with velcro safety straps and four heavy duty roller bearing casters. It enables nonambulatory children to participate in locomotor activities and encourages development of crawling. Cost: \$89.00. Homemade alternative: Make a large scooter board out of plywood, or secure two small scooter boards together; cover with foam padding and a fabric cover. Sew velcro straps to the fabric covering.

Jayfro Corporation
P.O. Box 400
Waterford, Connecticut 06385

Floor Sitter resembles a chair without legs that permits small children to maintain a sitting position during floor play. Cost: \$54.00. Homemade alternative: Remove the

legs from an old chair; pad the chair if necessary and attach a belt to the chair, which will prevent the child from slumping onto the floor.

North American Recreation
P.O. Box 758
33 Knowlton Street
Bridgewater, Connecticut 06601

Layered Ball is a soft, spongy, multicolored ball that is easy for a small or motorically impaired child to grip because the foam material is layered. Cost: \$2.10. Home-made alternative: Yarn balls, which are fluffy and easy to grasp, are an inexpensive alternative to purchasing balls. Make two cardboard doughnuts by cutting two-inch centers out of two four-inch circles of cardboard. Hold the two doughnuts together and wrap yarn around them until the centers are almost full. With a knife, cut the yarn around the outside edge of the doughnut. Slide the two cardboard circles apart and tie the yarn tightly in the center with string or another piece of yarn. Cut away the doughnuts and fluff up the yarn ball until it is round.

Flaghouse Inc.
18 West 18th Street
New York, New York 10011

7. Fishing

Handi-gear-harness

Garcia Corporation
329 Alfred Avenue
Teaneck, New Jersey 07666

Rod holder and electric reel

Reel Power, Inc.
811 42nd Street, South
St. Petersburg, Florida 33713

Roy Dodgen Shop
Blue Eye, Missouri 65611

Vargas Fishing Aid Rodholder Company
5433 Norwalk Blvd.
Whittier, California 90601

8. Riflery

Gun Support

E-Z Go Golf Cart Company
P.O. Box 388
Augusta, Georgia 30903

9. Skiing

Wheel Ski

APE Inc.
P.O. Box 47
Madison Heights, MI 48071

10. Swimming

Tot Dock is an underwater portable swimming pool platform that rests on the bottom of the pool at heights of six to twelve inches, providing a solid base for swimming instructions. This is particularly useful for pools that have inadequate shallow ends. Cost: \$140.00. Homemade alternative: Although they are not as stable, plastic tumbling mats have been used for individuals to stand or lie on during swimming instruction.

Stadiums Unlimited
Box 374
Grinnell, Iowa 50112

Schwimmflügel are inflatable cuffs worn around each arm above the elbow to keep the nonswimmer afloat. Cost: \$4.75. Homemade alternative: Empty plastic bottles (capped) tied around arms with old nylon stockings or pieces of fabric are more cumbersome but less expensive alternatives to help beginners stay afloat.

Belleair International
1016 Ponce de Leon Boulevard
Belleair, Florida 33516

Speedo Aqualift Swimsuit, a one-piece nylon tricot swimsuit, is constructed with an inflatable air bladder inside the front of the suit. When inflated, it will support up to a 200 pound adult, and may gradually be deflated as the swimmer becomes more skilled and used to the water. Cost: \$12.50 (all sizes). Homemade alternative: None known.

Blue Grass Industries
Carlisle, Kentucky 40311

Aqua Bat. Tubing and a seat are affixed to these water-skiis, making them usable by paraplegics, incomplete quadriplegics, amputees, and cerebral palsied persons. The tow rope may be held or tied to the tubing. The user steers the skiis by leaning to either side. Cost: \$104.50. Homemade alternative: None known.

Gander Mountain, Inc.
P.O. Box 248
Wilmot, Wisconsin 53192

Bath Trolley is a plastic seat on four casters, resembling a gym scooter. The seat has a slightly curved backrest for stability and comfort and has slots cut into it to allow drainage of water. The trolley was designed to help leg amputees move from changing areas to pool or lakeside by propelling themselves with their arms. Cost: \$61.00. Homemade alternative: A gym scooter could be adapted by adding high quality casters and a backrest (optional). To construct a gym scooter, round off the corners and sand well a piece of 12" x 12" x 3/4" plywood. Mount four casters with rubber wheels on the corners using wood screws. Paint the scooter with Marine paint or the less expensive Marine Spar varnish (2 coats). A gym scooter could alternately be constructed of one of the many plastic materials now on the market.

Ortopedia GmbH
D2300 Kiel 14
P.O. Box 6409
Germany

11. Other Adapted Equipment Ideas

The Skate Aid is a pyramidal device similar to a walker with runners, giving support to novice ice skaters. Cost: \$59.95. Homemade alternative: Some ice skating programs use chairs, but these are not as safe and stable as the above device.

Hein-A-Ken
P.O. Box 56
Thief River Falls, Minnesota 56701

Flipski is an outrigger ski for amputees, the tip of which flips up into the vertical position when the skier needs to use it as a crutch for walking. Outrigger skis resemble ski poles with little skis on the end and are used instead of ski poles by amputee and other physically handicapped skiers to assist in balancing. Cost: \$118.00. Homemade alternative: None known.

Pauls Sports Inc.
Route 1, Box 615P
Excelsior, Minnesota 55331

Spring Loaded Billiard Cue is a billiard cue that is spring-loaded by pressing the tip against any available surface. Persons with amputations, cerebral palsy, muscular dystrophy, or high-level spinal cord injuries need only lightly press the trigger to fire the cue. Cost: \$34.95. Homemade alternative: None known.

A to Z Industries
118112-5 Bryand Street
Northridge, California 91324

Rug Croquet is identical to a regular croquet game, except the wickets stand on little feet. This game is ideal for bringing a physical activity to youngsters who cannot go outside. Cost: \$5.50. Home-made alternative: Make stands for regular croquet wickets by drilling a small hole in blocks of wood and inserting the ends of wickets into the holes.

Creative Playthings
Princeton, New Jersey 08540

D. OTHER SOURCES OF INFORMATION

1. Books

Corbin, Charles B. Inexpensive Equipment for Games, Play, and Physical Activity. Dubuque, Iowa: Wm. C. Brown Company, 1972

Cowart, James F. Instructional Aids for Adaptive Physical Education. Hayward, California: Alameda County Schools (224 West Winton Avenue, 94544), 1977.

Gallahue, David L. Developmental Play Equipment for Home and School. New York, New York: John Wiley and Sons, Inc., 1975.

Physical Education and Recreation for the Handicapped: Information and Research Utilization Center (IRUC). Homemade Innovative Play Equipment for Activities in Physical Education and Recreation for Impaired, Disabled, and Handicapped Participants. Washington, D.C.: AAHPER/IRUC (1201 16th St. N.W., 20036), 1973, 92 pp. \$9.20.

2. Periodicals

Paraplegia News
5201 N. 19th Ave.
Phoenix Arizona 85015

Sports N' Spokes
5201 N. 19th Ave.
Suite 111
Phoenix, Arizona 85015

3. Other

Recreation Expo
Sacred Heart Rehabilitation Hospital
1545 S. Layton Blvd.
Milwaukee, WI 53215

The Recreation Expo is held every January at Sacred Heart Rehabilitation Hospital. There are demonstrations and exhibits of many kinds of recreational activities.



CHAPTER 17
TRAVEL

CHAPTER 17

TRAVEL

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- B. TYPES OF TRANSPORTATION AND ACCESSIBILITY TO THEM
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TRAVEL

A. THE WAY TO GO

Travel opportunities for disabled people are better than ever before. Granted, there continue to be architectural and transportation barriers that prevent the use of many facilities, however, many others have been or are being made accessible. General travel books and specific accessibility guidebooks are available for the disabled traveler. Travel agents are becoming more willing to take the special needs of disabled travelers into account when giving them advice or making arrangements for them. And, most importantly, disabled people themselves are not as willing these days to let barriers stop them from traveling.

The purpose of a trip, its length of time, the means of transportation to be used, and the amount of money to be spent are all important considerations in planning for the trip. Generally, the more restrictive a disability is, the more planning that is required in order to have a happy, comfortable trip.

B. TYPES OF TRANSPORTATION AND ACCESSIBILITY TO THEM

BUSES



Generally, bus drivers will assist a disabled person in getting on and off the bus. They are not allowed to carry or lift passengers. Wheelchairs and some walkers are placed in the luggage compartment. Walkers that are small and that fold up might be allowed on the bus. Crutches and canes are allowed on the bus.

The washrooms on buses are located in the rear and are very small. Remember, the back of the bus sways more than the front, so balance when walking is important.

If an individual needs an attendant to travel, they usually need a medical excuse stating this, and then most bus lines allow the attendant to ride free. Check with the individual bus line.

Most of the bus terminals are accessible, but some are not, so be sure to call ahead and check for accessibility.

Any questions concerning bus travel should be directed to one of the following bus lines in the Milwaukee area:

AMERICAN COACH LINE, INC. Toll-Free information 1-800-472-4868
Tickets 747-1666

Attendant travels free. One trip per day, north towards Marshfield. Leave outside the Greyhound station and the Amtrak station.

BADGER BUS DEPOT

276-7490

Badger goes only to Madison. The only special rate is the two-for-the-price-of-one rate for blind people.

GREYHOUND BUS LINE/WISCONSIN COACH LINE

272-8900

Attendant rides free with a doctor's excuse. Bus drivers are not allowed to assist or help disabled people; disabled people are responsible for their own help getting on and off the bus.

ROYAL COACH LINE

Toll-Free information 1-800-242-3949
Tickets 747-1666

Royal provides bus transportation to O'Hare Field in Chicago. Notify them ahead of time if you need assistance. Their terminal is not accessible.

WISCONSIN-MICHIGAN COACHES, INC. Toll-Free Number 1-800-242-2935
Tickets 933-6400

Terminals are at Mitchell Field and the Amtrak station. There is no "formal" policy allowing an attendant to ride free with a disabled person, but in such cases they would probably follow Greyhound's guidelines. Notify them ahead of time if you need assistance.

TRAINS



AMTRAK PASSENGER STATION - 433 West St. Paul Avenue
Information and Reservations 933-3081
Passenger Station 271-0840
Toll-Free & TTY Number 1-800- 523-6590 or 91

Amtrak offers a 25% discount to a disabled person when the one-way fare is at least \$40. To qualify, the disabled person must present either an I.D. card from a handicapped organization or a physician's statement indicating that the person needs an attendant to travel. Amtrak does not allow an attendant to travel free of charge with a disabled person; you are responsible for furnishing an attendant and for paying their costs.

Amtrak uses six different kinds of passenger cars, and some trains are more accessible than others; it depends on your destination.

Before taking a trip, you should call Amtrak to describe your disability and the kind of help you will need at the station and/or on the train. You can also call toll-free to the train station at your destination.

Some questions you might want to ask Amtrak are:

1. Are the street, station and boarding platform on one level? If not, are there ramps/elevators?
2. Can I get the help I need at the station?
3. Are the train aisles wide enough for my wheelchair?
4. Will someone bring me meals at my seat or in my room?
5. Which kind of accommodation on the train will offer me the most convenience and comfort?
6. Can I get assistance getting on and off the train?

For visually impaired or hearing impaired persons, a seeing eye or hearing ear dog is allowed in the passenger car at no extra charge. Also, if notified, train conductors will be sure to tell visually impaired persons about station stops and will help them get on and off the train safely.

If a person needs an oxygen supply for his train trip, it must be a self-supporting system that does not depend on train-generated power. Twelve hours advance notice is required.

Stretcher and window-loading services are available with 24 hours advance notice.

On the train, Amtrak prefers that you transfer from your wheelchair to your coach seat or sleeper, but if this is not comfortable for you, you will be allowed to stay in your wheelchair if there is enough parking space in the train car.

PLANES



Mitchell Field is Milwaukee's main airport. It is located at 5300 South Howell Avenue. Timmerman Field is a smaller Milwaukee airport that is mainly for private and business use of small aircraft. It is located at 9305 West Appleton Avenue. The terminals at both of these airfields are generally accessible. For specific questions about terminal accessibility, call the airport. Airports are listed in the Yellow Pages.

A local travel agent can make flight reservations for you (see Section C of this chapter). Which airline you will use depends on where you are going. Whether you make plane reservations through a travel agent or on your own, you should confirm your reservations a day or so before your flight. This can be done by calling the airline you will be using. Confirming your reservation will guarantee that your seat on the plane is reserved for you.

According to TWA Airlines, there are certain things that the airline you are using should be made aware of:

1. Your disability and the equipment you use

2. Whether you will need help:
 - a. Entering and leaving vehicles at the airport.
 - b. Getting from the parking area to the terminal building.
 - c. Getting your luggage into the airport, and checked in for your flight.
 - d. Getting on and off the plane.
 - e. With meals on the plane.

3. Whether you should arrive early, and if so, how early.

Other questions you might want to ask an airline or your travel agent include:

1. Does the airline require medical clearance to allow the disabled person to fly? (This will depend on the disability.)
2. Can an attendant travel free, or at a reduced rate, with a disabled person?
3. Can a special seat be reserved, with more leg room, or near a toilet facility?
4. Are there meals served for people on special diets?

Depending on the airline, the following special services might be available:

1. Pre-Boarding - A disabled person might be able to get on the plane early, before non-disabled people do.
2. Wheelchair - Airlines often have their own wheelchair for a disabled person to use. It is narrower and does not have armrests. A disabled person transfers into it at the door of the plane and is taken to a seat in it.
3. Seat Selection - Special seating arrangements might be available for people who need to keep their legs raised, sit near a bathroom, have a guide dog with them, or sit near a floor level exit.
4. Special Meals - Special meals might be served, for a special diet.
5. Stretcher Service - A person on a stretcher must, at their own expense, make arrangements to be taken to and from the airplane. Airline employees are not allowed to carry the stretcher. Also at their own expense, a person can request the airline to arrange ambulance service or medical attention to help a stretcher passenger get on and off the plane.

Special note on wheelchairs: Your own wheel chair is stored in the baggage compartment of an airplane. If it is electric, the batteries must be the non-spillable type, and they must be packed for storage.

BOATS



LAKE MICHIGAN FERRY

The State of Michigan is financing the operation of an experimental ferry service between Ludington, Michigan and Milwaukee. The ferry will operate Thursdays through Mondays from June through early September. A one-way trip takes 6 to 7 hours.

Information on times and fares and specific accessibility questions may be obtained by calling:

1-800-632-0064 CHESSIE SYSTEM - FERRY SERVICE
(toll-free)

PASSENGER SHIP CRUISES

If you are planning to go on a cruise, you may want to check several things ahead of time:

1. How wide are the cabin doors?

Some doorways and passageways may require a narrower-than-average wheelchair.

2. Will you be able to use the bathroom?

The bathrooms often have a ledge at the doorway. You must be able to transfer easily, or have another way to take care of your toileting needs.

3. What are the arrangements for boarding the ship?

AUTOMOBILES

Before taking a longer automobile trip, be sure that your car is in good running condition. If you have car trouble in an unfamiliar area, you might not know how reliable an auto repair service is, or whether you are being charged too much to have your vehicle repaired.

A booklet entitled, "Highway Rest Areas for Handicapped Travelers" can be obtained by writing:

PRESIDENT'S COMMITTEE ON EMPLOYMENT OF THE HANDICAPPED
Washington, D. C. 20210

For detailed information on motor vehicles, see Section B of Chapter 5.

CAR RENTAL 

Following are the three U.S. companies where hand controls on rental cars are available at no extra cost in major U.S. cities. All three companies have toll-free numbers to call.

1-800-331-1212 AVIS RENT A CAR

Advance notice required: 3 weeks
Hand controls available: left and right

1-800-654-3131 HERTZ RENT A CAR

Advance notice required: 10 days
Hand controls available: left and right

1-800-328-4567 NATIONAL CAR RENTAL

Advance notice required: 3 days
Hand controls available: left only

Avis Rent A Car is presently the only car rental agency in Milwaukee that provides hand controls for disabled drivers. Reservations can be made by calling the above toll-free number for Avis.

Here are some general things to consider when renting a car:

1. You might have to pay cash in advance if you do not use a credit card. Also, a credit check might have to be done on you, which will take time, if you do not use a credit card.
2. Be sure to specify whether you need right or left hand controls.
3. Be sure to let the car rental company know if you need a two-door car. A two-door car is easier to transfer into and out of. It is also easier to get a wheelchair in the back seat of a two-door car.

C. TRAVEL AGENCIES

Travel arrangements can be made on your own, or through a travel agency. Either way, it will not hurt to "shop around" and get second opinions and different sets of rates to choose from. Travel agencies provide travel information,

arrange trips and tours, and make reservations. They usually do not charge customers for these services.

A few travel agencies in the U.S. specialize in making travel arrangements and planning tours for disabled people. The particular agency mentioned here has a toll-free number:

1-800-533-0363

FLYING WHEELS TOURS

Travel Headquarters
143 W. Bridge Street
Box 382
Owatonna, Minnesota
55060

In Milwaukee, however, there are no such specialized agencies, so it is your responsibility to find an agency that will consider the special travel arrangements you will require because of a disability. (See "Travel Agencies and Bureaus" in the Yellow Pages. Also, ask other disabled people about agencies they have used.)

When making arrangements through a travel agency, you should be prepared to explain your disability so that special attention can be given to making transportation, lodging, or sight-seeing arrangements. You might be able to save some money by getting cost figures from several different agencies. When an agreement is made with a travel agency, it should be in the written form of a contract. Of course, you should read the contract carefully before signing it.

Above all, you should not hesitate to ask questions. A travel agency is a business that provides travel services to its customers. You, as a customer, have the right to be selective in the agency that you choose to do business with, and you should not settle for travel arrangements that are made for you, unless they are completely satisfactory and you are sure that they meet your needs. Whether this is done will depend, at least in part, on how well you communicate with the travel agency. Be specific, not only about the travel arrangements that will work for you, but also about those that you know will not.

D. PREPARING FOR TRIPS

A traveler who has a physical disability has special needs to consider. The keys to a successful trip are early planning and careful preparation. A disabled traveler must also be willing to be flexible. No doubt, and in spite of careful planning and preparation, there will be delays that cannot be avoided, and things that happen that are outside of an individual's control. In short, there are bound to be times when the traveler has a choice -- of either adjusting to changes in plans, or letting those changes ruin the trip.

Planning for a trip includes making early decisions about the following:

1. How much money to spend.
2. Whether to use a travel agent, or plan the trip on your own.
3. Where to go.
4. How to go.
5. When to go.
6. Who to go with (if anyone).
7. Whether to travel independently, or on a tour.

There may also be things at home that have to be arranged for. Such things include:

1. Having someone pick up newspapers and mail.
2. Being sure there are secure locks on doors and windows.
3. Leaving a key with a trustworthy person.
4. Leaving word with someone as to where you can be reached.
5. Notifying the police or your apartment manager, for security reasons.
6. Arranging for the care of pets.

These plans and arrangements might be necessary for anyone to make before taking a trip. In relation to the trip itself, there are additional things to consider:

1. Official documents - Do you have the ones you will need for the trip?
2. Reservations - Have the lodging and travel reservations been made? Have you confirmed them when necessary?
3. Vehicle - If you are driving, has your vehicle been serviced before you start the trip?
4. Equipment, supplies and adaptive devices - Have they been serviced, if necessary? Do you have a repair kit, including tools and extra minor spare parts you might need? Do you have enough of the supplies that you need?
5. Luggage - Have you decided what you will take (clothing, toilet articles, "extra")? Is the weight or number of pieces of luggage under the limit?

6. Tickets - Do you have the tickets you will need to travel?
7. Money - Did you get travelers checks? Do you have enough cash? Do you have credit cards to take?
8. Travel Permission - If necessary, do you have written permission from your doctor to travel?
9. Travel Insurance - If desired, do you have travel or trip insurance?
10. Medication - Is your supply of medication enough for the trip? Does any medication require special handling? Do you have prescriptions for medications that you might run out of?

Other specific suggestions for the disabled traveler to consider are:

1. Emergency kit - Organize an emergency kit to carry with you. Include in it anything that you could not do without for 24 hours.
2. Letter from your doctor - For possible emergencies, and for travel discounts, get a letter from your doctor describing your special problems and the doctor's recommendation for your care, treatment, and medications.
3. Wheelchair narrowing device - Take a wheelchair narrowing device with you. It can be used for getting through doorways that are slightly too narrow for a wheelchair. It attaches to the seat of the wheelchair and is cranked to narrow or widen the wheelchair.
4. Cane with rubber tip - This can be used to reach things in hard to reach places, such as a car trunk, shelves, etc.

E. OFFICIAL DOCUMENTS AND OTHER TRAVEL REGULATIONS

PASSPORTS



Is a passport required for all travel outside of the United States?

No, a passport is not required for a tourist visiting Canada, some Latin American countries, and some Caribbean Islands. In such cases, however, proof of American Citizenship may be required (e.g., birth certificate, naturalization papers).

How does a person get a U.S. passport?

Application forms for passports are available at main post offices in Milwaukee. Call 291-3000 for the nearest post office that handles passport applications. Applications are also available at circuit court clerks' offices at county courthouses.

If a previous U.S. passport has been issued within the past eight years, a person can send in the application for renewal by mail.

For a new applicant, the application form must be completed and returned to the post office along with the following:

1. Proof of U.S. citizenship (e.g., certified copy of a birth certificate, certificate of naturalization, or certificate of citizenship)
2. An official identification showing both the applicant's signature and a photo or a description of the applicant (e.g., drivers license, I.D. card from a government agency or private company)
3. Two identical 2-inch square passport photos of the applicant taken within the last 6 months - many photographers offer this service. The photos must be signed along the left side and on the back, and the signatures must be the same as the one on the passport application form.
4. A \$15 check or money order for the passport and execution fee.

How long does it take to get a passport?

A minimum of 4 to 8 weeks should be allowed for processing a passport application.

How long is the passport valid?

It is valid for five years from the date it is issued.

IMMUNIZATIONS/SHOTS



What shots are needed for travel outside of the United States?

For information about shots, contact a branch of the Health Department in Milwaukee. Sometimes shots are not needed to enter a foreign country but are required in order to re-enter the U.S. after a trip. In such cases, it might be more convenient to get them before leaving the U.S.

VISAS



What is a visa?

A visa is a stamp indicating permission to travel in a country. The visa is stamped in a person's passport.

When is a visa required?

To find out if a visa is required for a country a person plans to visit, the country's Consul or Embassy must be contacted. Time is an important factor here, because the person will need to already have his passport in order to apply for the visa, and he will also need to allow enough time to turn in the passport to the country's Consul or Embassy here in the United States, to get the visa stamped in it.

Where are the nearest Consul and Embassy Offices?

Offices for most major countries are located in Chicago.

CUSTOMS



What is customs?

Customs refers to declaring (and, if necessary, paying tax on) articles that a person gets when he is abroad and that he has in his possession when he returns to the United States. There are strict rules about bringing items into the U.S., especially if an animal such as a guide dog is involved.

Where is more information about U.S. Customs available?

For more information, contact the District Director of Customs in Milwaukee at 224-3924 or 291-3930.

F. AUTOMOBILE CLUBS

Automobile clubs (AAA, Amoco, Ford, Mobil, J. C. Penney, Insurance company clubs) can provide many travel services that might be especially useful to the disabled traveler. These travel services might include:

1. Lodging reservations
2. Travel reservations and tickets
3. Personal route maps
4. Travel guides and counselors
5. Escorted travel arrangements

6. Road Maps
7. Guaranteed Hotel/Motel rates
8. Tour guidebooks, including campgrounds
9. Car Rental Discounts

Other important services that automobile clubs might include:

1. Emergency road service
2. Insurance Services
3. Financial Services
4. Convenience Services

For more complete information on automobile clubs, see "Automobile Clubs" in Chapter 5, Section B, or check under "Associations" and "Clubs" in the Yellow Pages.

G. HOTELS AND MOTELS - THINGS TO CONSIDER

Many major hotels and motels have an 800 toll-free telephone number for making reservations. When you want to make a specific hotel reservation in a specific place, find out if that hotel has an 800 number by calling Toll-free 800 information at 1-800-555-1212. The following hotels have directories which include information on accommodations for disabled people.

Call the toll-free 800 number to order:

Best Western	1-800-528-1234
Holiday Inn	1-800-238-8000
Howard Johnson's	1-800-654-3000
Marriott	1-800-228-9290
Ramada Inn	1-800-228-2828
Sheraton	1-800-325-3535
Travelodge	1-800-255-3050
Western International	1-800-228-3000

It is important for a disabled person to find out if a hotel will meet his specific accessibility and mobility needs. Following are some questions that should be answered before reserving a hotel room:

1. Parking
 - Is there designated "Handicapped Parking"?
 - Is the parking off-street?
 - Is the parking next to or connected to the hotel?
 - Is the walkway from the parking area to the hotel level?

2. Entrance to the Hotel/Motel
Is the entrance ramped, or without steps?
Is the doorway wide enough (wider than 32")?
3. Interior of the Hotel/Motel
Are there elevators? If so, are the controls low enough?
Are the public areas on one level? If not, are there elevators or ramps?
If there are dining facilities, are they accessible?
Is the drinking fountain accessible?
4. Restrooms
Are public restrooms on an accessible level?
Are the entrance and stall doors wide enough?
Do the stall doors either swing outward or have curtains?
Are there grab bars in the stalls?
Is the sink accessible? Can the faucets, mirror, and towel dispenser or dryer be reached?
5. Hotel/Motel Rooms
Is the room spacious enough for easy mobility?
Are locks, switches, and outlets reachable? Easy to use?
Bathroom: Does the bathroom allow room to move around in?
Are the faucets reachable and usable?
What is the height of the stool? Can you transfer easily and comfortably?
Is there a tub or a shower?
Are there grab rails around the tub?
Are there sliding bath doors on the tub? If so, do they create a safety hazard? Will the frame cause discomfort when transferring?
Are doorways wide enough?
Is the telephone dial or push-button?
Are directions and information in Braille?
Is the bar for hanging up clothes low enough?
6. Emergency Fire Exits
Are the exits usable by disabled persons?
If not, are there any special provisions for evacuating disabled persons in an emergency?

H. OTHER SOURCES OF INFORMATION FOR THE DISABLED TRAVELER

GENERAL INFORMATION

"Information for Handicapped Travelers" 1979 - Reference Section, National Library Service for the Blind and Physically Handicapped, Library of Congress, Washington, D.C. 20542
This handout is available free upon request, and lists sources to write to for information.

Society for the Advancement of Travel for the Handicapped (SATH) SATH, 26 Court Street, Brooklyn, N.Y. 11242. - There is a fee to join SATH. It is a non-profit organization that depends on membership dues to carry out its work. SATH's purpose is to encourage travel by disabled people and to make it easier for them to travel. It serves as a clearinghouse for developing and exchanging travel information for the disabled.

Travel Information Center - Moss Rehabilitation Hospital, 12th Street and Tabor Road., Philadelphia, PA 19141. Telephone (215) 329-5715. - An International Directory of Access Guides is available through the Center. This Center does not make travel arrangements, but will mail all available information on accessible sites, accommodations, and transportation. This information could then be given to your travel agent to help him plan your trip.

U. S. Travel Service Telephone - 1-800-323-4180
Hours: Monday-Friday - 8 a.m. - 7p.m.

This free telephone information service provides general or specific information on all states, including the names of barrier-free hotels and motels and accessible facilities in U.S. national parks. They will also mail information on travel.

Wisconsin Department of Tourism Telephone: 1-800-362-9566
Wisconsin Department of Business Development
P. O. Box 7606
Madison, WI 53707

This free telephone information service provides tourist and travel information for Wisconsin.

BOOKS

Travelability: A Guide for Physically Disabled Travelers in the United States by Lois Reamy, 1978. Macmillan Publishing Co., 866 Third Avenue, New York, N.Y. 10022.

1981 Traveler's Toll-Free Directory. Landmark Publishing, Box 3287R, Burlington, VT 05401. This directory costs \$12, and lists over 10,000 toll-free telephone numbers to call, including: hotels/motels, car rental, tour companies, tourist information, airlines, railroads, buses (charters and rentals), etc.

Wheelchair Vagabond by John G. Nelson, 1975. Project Press. 710 Wilshire Blvd., Santa Monica, CA 90401. This book gives directions for planning a trip and for outfitting a vehicle for wheel chair traveling.

ACCESSIBILITY GUIDES

"Access for Camping-Picnicing/Wisconsin State Parks"
Department of Natural Resources, Box 7921, Madison, WI 53707
This sheet lists Wisconsin state parks and forests that provide special picnicing and camping facilities for the disabled.

Access National Parks: A Guide for Handicapped Visitors
by the National Park Service, U.S. Dept. of the Interior, 1978.
For sale from: Superintendent of Documents, U.S. Government
Printing Office, Washington, D.C. 20402

Note: For national parks, reservations must be made far in advance.

"Airport Guide for the Handicapped and Elderly: Chicago O'Hare International Airport" Department of Aviation, City Hall, Room 111, Chicago, IL 60602.

"Visitor's Guide to Wisconsin' State Parks, Forests and Other Recreation Lands" Department of Natural Resources, Box 7921, Madison, WI 53707.

The Wheelchair Traveler by Douglas R. Annand, 1972.
For sale from: The Wheelchair Travelers, Ball Hill Road, Milford, NH 03055. This guide lists 6,000 accessible hotels, motels restaurants and tourist attractions in the U.S., Canada, Mexico and Puerto Rico.



CHAPTER 18
HELPFUL HINTS ABOUT MILWAUKEE

CHAPTER 18

HELPFUL HINTS ABOUT MILWAUKEE

- A. CHURCHES
- B. CRUISES
- C. LIBRARIES
- D. MILWAUKEE COUNTY PARKS
- E. MILWAUKEE COUNTY ZOO
- F. MUSEUMS
- G. NIGHTLIFE IN MILWAUKEE
- H. PERFORMING ARTS CENTER
- I. POST OFFICE
- J. SERVICE STATIONS
- K. SHOPPING CENTERS
- L. SPECIAL EVENTS IN MILWAUKEE
- M. SPORTS ACTIVITIES IN MILWAUKEE
 - BASEBALL
 - BASKETBALL
 - BOWLING
 - BOXING
 - FOOTBALL
 - GOLF
 - HOCKEY
 - POLO
 - RUGBY
 - SOCCER
 - SPECIAL OLYMPICS
 - SPEED SKATING
 - TENNIS
 - WRESTLING
- N. WISCONSIN TELEPHONE COMPANY SERVICES
- O. WISCONSIN SHOPPING AND ERRAND SERVICE

HELPFUL HINTS ABOUT MILWAUKEE

A. CHURCHES

For many people church services and activities are an important part of their lives. If you are disabled and are selecting a church to attend, the following list of things to consider may prove helpful:

1. Religious Preference
2. Location of the Church or Synagogue
3. Accessibility. Not many churches or synagogues are accessible. It may be wise to contact the religious leader to see if arrangements could be made to have someone assist you.
4. Do you have friends and acquaintances that belong to the same church?

If the church or synagogue of your choice is not accessible, you may want to talk to the church officials to see if renovations could be made.

B. CRUISES

The Iroquis is a cruise ship that tours the Milwaukee River and the bay. It operates on a daily schedule from the middle of June through early September. The ship leaves from a dock on the west side of the Milwaukee River on Clybourn Street. According to Iroquis personnel, the ship is wheelchair accessible. For more information regarding times and cost, call:

Iroquis Boat Tours
332-4194

C. LIBRARIES

The Milwaukee Public Library system has approximately 12 branch libraries located throughout the city. Presently there are 10 that are accessible and 2 that anticipate accessibility completion in the near future (Center Street and Llewellyn Libraries).

The Milwaukee Public Library, located at 814 West Wisconsin Avenue, is the main library and has some special services for the disabled. There is a book mobile and a small van that carry library materials to the disabled shut ins throughout the city. There is a designated department of the main library

F. MUSEUMS

Milwaukee Art Museum

The east (lakeside) entrance to the Art Museum is accessible. Handicapped parking is available in the main parking lot and on the east side of the museum. Wheelchairs are available at the information desk.

Milwaukee Art Museum
750 North Lincoln Memorial Drive
Milwaukee, WI 53202
271-9508

Milwaukee Public Musuem

The main entrance to the museum is not wheelchair accessible, therefore you must enter on the east side of the building. The accessible doorway is near the entrance marked "Audio-Visual". Once inside, go to the right and a guard will direct you to the elevators. Wheelchairs may be obtained at the coat check area. There is a parking structure next to the building and several other parking lots in the area.

Milwaukee Public Museum
800 West Wells Street
Milwaukee, WI 53233
278-2700

Milwaukee County Historical Society

An accessible entrance to the building is located on the Pere Marquette Park side of the building. The exhibits are on two floors, however the building does not have an elevator. There are several parking lots in the area.

Milwaukee County Historical Society
910 North 3rd Street
Milwaukee, WI 53203
273-8288

G. NIGHTLIFE IN MILWAUKEE

Going out to dinner can be a mini vacation to a distant land. You can go to Serbia, Mexico, Italy, Germany, France, Greece, China, Jerusalem or England to name a few. You can return to the turn of the century or be right up to date. You can stay in America or go to the southseas.

At some restaurants you can watch a show or listen to music from jazz to country and everything in between, or you can find a quiet romantic place to share a few hours with someone special.

Suggestions for making your evening more pleasant include:

1. If you are in a wheelchair or have problems walking, ask if the building exterior and interior are accessible.
2. Calling ahead for reservations, if the restaurant requires them.
3. If on a limited budget, you may want to inquire about the price range.
4. Ask about parking.
5. Ask about entertainment for that night.
6. Inquire as to the dress code expected.

For more information, check the yellow pages of the telephone directory under "Restaurants". Most ads tell you what type of food they have and if they have entertainment.

After dinner you might want to take in a show or go to a cocktail lounge. Again, the telephone directory is your best source of information. Some questions you may want to ask when calling different places are:

1. Is there accessibility of the building?
2. What type of entertainment do they have?
3. What is the age group of their clientele?
4. Is it mostly couples or singles, or is it a mix of both?

In regard to movie theaters, check the entertainment section of your local paper for movie selections. When you decide which movie you wish to see, phone the theater and ask these suggested questions:

1. Is the theater wheelchair accessible?
2. Is there handicapped parking?
3. Are there special places for people in wheelchairs to sit? (Because of the fire laws, no one is allowed to sit in the aisles.)

Pabst Theater

There are two parking lots within a half block of the theater and the wheelchair entrance is on the east side of the building.

When you call for reservations, inform them that you are in a wheelchair and tell them whether you are able to transfer to

another seat. Seating for the disabled is limited to the main floor. The restrooms on the the first floor of the Pabst are reserved for the disabled.

Pabst Theater
144 East Wells Street
Milwaukee, WI 53203
271-3773

Sunset Theater

When you phone for reservations, tell them you are in a wheelchair so they have ample time to set up a portable ramp. There are assigned places for wheelchairs within the theater located in the front row. Bathrooms are not easily accessible to wheelchairs.

Sunset Theater
800 Elm Grove Road
Elm Grove, WI 53122
782-4430

Melody Top Theater

The Melody Top Theater is open June through September. Again, when calling for reservations, let them know you are in a wheelchair and whether you are able to transfer. Because their seating is in canvas chairs, it may be more difficult to make a transfer.

Melody Top Theater
7201 West Good Hope Road
Milwaukee, WI 53223
445-3777

H. PERFORMING ARTS CENTER

Many types of events are held at the Performing Art Center (PAC), including plays, ballets, the symphony, musical performances, and concerts.

The PAC building is wheelchair accessible. (The restaurant, however, is not.) There are ramps at the north and south ends of the building. If you are attending a play at the Repertory Theater, you need to use the entrance on Water Street and take the elevator to the floor the theater is located on.

Handicapped parking is available in the parking structure north of the Performing Arts Center. Spaces are marked with the Disabled Parking sign and are located next to the elevator. You can take the elevator to the top level and use the crosswalk to get to the PAC.

equipped to service the visually impaired. Braille materials, recorded books, cassettes, etc. are all available.

The disabled person can call 278-3211 to make arrangements for special services. While visiting the library, one can ask the librarian in charge for assistance in retrieving certain information or materials from shelves.

There is a wheelchair accessible entrance on the 8th Street side of the library. There are no designated wheelchair parking spaces.

Ready Reference

If the disabled person is unable to get to the library, but needs immediate information, there is a Ready Reference department of the Central Library that is staffed with persons who are able to provide information over the phone.

D. MILWAUKEE COUNTY PARKS

Milwaukee County has one of the largest park systems in the country. Recently, work has been done to make park facilities more convenient for disabled residents, including making buildings and restrooms accessible. For detailed information on park facilities call the individual park in question, or contact:

Milwaukee County Park System
Planning Office
278-4364

Specialty Parks

Wilo-Way/Grant Park
207 South Lake Drive
South Milwaukee, WI 53172
762-2324

Located in Grant Park, Wilo-Way is a community recreation center for disabled individuals.

Holler Park
5151 South 6th
Milwaukee, WI 53221
482-0133

Easter Seal runs a recreation center from September through May and a day camp from June through August at this location. Primarily for disabled adults.

E. MILWAUKEE COUNTY ZOO

Almost all areas of the Milwaukee County Zoo are wheelchair accessible and the parking area has a large number of spaces available for the disabled. There is one wheelchair available free of charge at the main office. It is also possible to rent adult strollers. For more information contact 771-3040.

Phone for reservations far enough in advance. Let them know that you are in a wheelchair, whether you are able to transfer to a regular seat and whether you will need assistance.

Performing Art Center
929 North Water Street
Milwaukee, WI 53202
Box Office 273-7206
Events Mailing 273-7121 (Mailed every two months)

I. POST OFFICE

The main post office is wheelchair accessible. The most convenient place to park is in the lot located off St. Paul Avenue. If you have questions or need assistance, contact:

Main Post Office
345 W. St. Paul Avenue
Milwaukee, WI 53203
291-3544

Because some branch offices are not accessible, it is best to call to ask. For more information on postal services look under "United States Government - Postal Service" in the white pages of the telephone directory.

J. SERVICE STATIONS

Disabled persons can be selective in their choice of service stations. Some service stations not only pump gas but also have mechanics on their staff. It is advisable to build a relationship with a reliable mechanic by going to a station on a regular basis.

Types of Service

Full Service:

Costs approximately 10¢ a gallon more than self service stations, but they offer a greater range of services such as pumping gas, washing windows and checking the oil for you.

Mini Service:

The only service provided is the pumping of gas.

Self Service:

The individual pumps his/her own gas.

Super America is normally a self service station. However, if you call the station in advance stating you have a disability, they will pump the gas for you at the self service price. It is important to note that not all Super America stations offer this special service. Check with each individual station for more information.

K. SHOPPING CENTERS

This section contains information useful to the disabled about Milwaukee's ten indoor shopping centers. We have included the telephone numbers in case you have additional questions.

Keep in mind that shopping centers often have special events in the mall areas. These events (art shows, celebrity appearances, car shows, health fairs, etc.) can provide many hours of leisure activities. Take advantage of them.

HELPFUL HINT: All major department stores such as Sears, Boston Store, Penney's and Gimbels have elevators located in their stores.

Bay Shore Shopping Center
5900 North Port Washington Road
Milwaukee, Wisconsin 53217
332-8136

Parking: Handicapped parking spaces are located near the mall entrances.

Wheelchairs: A wheelchair is available at the Boston Store service desk.

Accessibility: All stores in the complex are accessible.

Brookfield Square
95 North Moorland Road
Brookfield, WI 53005
786-3430

Parking: Handicapped parking spaces are located at the east and west sides of the mall.

Wheelchairs: Both Penney's and the Boston Store have wheelchairs available. Penney's charges a small fee for the use of their wheelchairs.

Accessibility: All areas of the building are accessible.

Capitol Court
5500 West Capitol Drive
Milwaukee, WI 53216
873-8800

Parking: There are handicapped parking spaces available near the entrances to Penney's, Gimbels and Johnnie Walkers.

Wheelchairs: One wheelchair is available. Ask a security guard for assistance.

Accessibility: There is a lower level with a few stores and businesses that are inaccessible.

Mayfair
2500 North Mayfair Road
Milwaukee, WI 53226
771-1300

Parking: Handicapped parking spaces are available at various locations throughout the parking lot.

Wheelchairs: Marshall Fields has wheelchairs that are available in the gift wrapping department. They may not be taken out of the store.

Accessibility: The lower level of the building is only accessible with the use of a freight elevator. Ask the security guard for assistance.

Northridge
7700 West Brown Deer Road
Brown Deer, Wisconsin 53223
354-2900

Parking: Handicapped parking spaces are located near all four mall entrances. Some are also available near the entrances to the department stores.

Wheelchairs: Wheelchairs are available from the Boston Store Service Desk.

Accessibility: All areas of the mall are accessible. An elevator is located off the main mall at the east end of the shopping center near Gimbels.

Special Note: Northridge has movie theaters on both levels, but tickets are purchased on the lower level. The Sears elevator is the closest to the theaters.

Plankinton Mall
161 West Wisconsin Avenue
Milwaukee, WI 53203
271-5162

Parking: Parking is extremely difficult due to the downtown location. Because much of the parking is street parking, there are no handicapped parking spaces available. There are several parking lots to the south of the Plankinton Mall.

Wheelchairs: None available

Accessibility: Everything is accessible. An elevator is located near the east end of the mall.

Prospect Mall
2239 North Prospect Avenue
Milwaukee, WI 53202
276-2393

Parking: Parking is difficult because there is no parking lot at the mall and there are no designated handicapped parking spaces. The Ivanhoe Street entrance is the only accessible entrance.

Wheelchairs: None available

Accessibility: The Ivanhoe Street entrance will take you to the main level of the mall, which includes the theater. The other two levels of the mall are inaccessible.

Point Loomis
3555 South 27th Street
Milwaukee, WI 53221
963-1050

Parking: There are eight handicapped parking spaces.

Wheelchairs: None available

Accessibility: Everything in the shopping center is accessible.

Southgate
3333 South 27th Street
Milwaukee, WI 53215
771-1300

Parking: Some handicapped parking spaces are available.

Wheelchairs: None available

Accessibility: The entire mall is accessible.

Southridge
5300 South 76th Street
Greendale, WI 53129
421-5600

Parking: Handicapped parking spaces are located near the mall entrances.

Wheelchairs: The Boston Store and Gimbels Department Store have wheelchairs available at their service desks.

Accessibility: All of the stores are accessible. There is an elevator at the southeast end of the mall near Gimbels. Elevators are also located within each of the large department stores.

L. SPECIAL EVENTS IN MILWAUKEE

There are many special events around the Milwaukee area. We have listed some of them below. We suggest that you contact the individual organizations listed below for further information and a calendar of events.

State Fair Park 257-8800

Wisconsin State Fair
Auto Races
Rodeo
Antique Shows
Art and Craft Exhibits
Dog Shows
Horse Shows

Mecca/Arena/ Auditorium 271-4000

Ice Shows
Circus
International Folk Fair
Sports, Travel and Boat Show

Greater Milwaukee Convention and Visitors Bureau 273-3950

Summerfest
Festa Italiana
Festa Mexicana
Concerts
Seven Mile Fair
Oktoberfest
Food Fair
4th of July Events
West Allis Western Days
Brady Street Festival
Mitchell Street Festival
Recreation Exposition for the Disabled.

M. SPORTS ACTIVITIES IN MILWAUKEE

BASEBALL

There are several options available to the disabled at the County Stadium that will assist in making Brewers baseball more enjoyable. If you are in a wheelchair and able to transfer to a regular seat, purchase tickets for the lower grandstand reserved--Row 9, Seat 1 or 13, any section. This area is now accessible. However because of the fire laws you are required to transfer to another seat and have your wheelchair moved off the premises.

If you are unable to reserve this area, you can purchase a general admission ticket and use one of the three ramps leading to the lower grandstand where the wheelchair section is located. You do not have to sit in the wheelchair section unless there is a large crowd. You may sit in back of the last row of any section.

HINT: If you are attending the game with ambulatory friends, have them bring folding chairs so they are able to sit with you.

Parking: It is suggested that you purchase disabled parking permits from the stadium at the same time you purchase tickets.

It is preferable that tickets be purchased in advance.

BASKETBALL

The Milwaukee Bucks have a policy which enables the disabled and visually impaired to purchase seats at a lower rate. You and an ambulatory attendant are allowed to sit in the first row at the end court. There is only a limited amount of space, so come early and purchase tickets well in advance. The Bucks games are held at the Milwaukee Arena and the building is accessible by means of a very steep ramp. Therefore, it is advisable to seek assistance.

UWM Basketball: The University of Wisconsin - Milwaukee gym is completely accessible. However, there is a steep ramp leading to the game area and it is suggested that assistance be arranged. Admission to the games is reasonable. Parking on campus can be a problem.

High School Basketball: Although most area high school gyms have been made accessible, it is advisable to call ahead to confirm this with each individual high school.

Milwaukee Gustos Basketball: This is a wheelchair sports and activity association. All physically disabled people are invited to watch and/or participate in the activities which range from wheelchair basketball to bowling.

BOWLING

The Miller Open Tournament is held every year in March. The Pabst Extra Light Women's Tournament is held in November of each year. Both events take place at the Red Carpet Celebrity Lanes, 5727 South 27th Street. There are handicapped parking spaces available and the building is wheelchair accessible. For more information call 282-0100.

For those who are interested in participating, there is a league for wheelchair bowlers. They meet every Friday evening during the season at the Red Carpet Bowlero, 11737 West Burleigh Street. Contact Daryl Pfister at 781-6876 for more information about the league.

Bowling for the Visually Impaired

Please refer to the Recreation Chapter.

BOXING

Boxing matches are held at the Arena, the Eagles Club, and Auditorium. Specify wheelchair seating and the Arena or Auditorium office will accommodate you. Check with the Eagles Club about accessibility before going to the boxing match. The number is 933-7780 and it is located at 2401 W. Wisconsin Avenue.

FOOTBALL

Although in town Packer games are held at the County Stadium, the system is different than it is for the Brewer games. First, you must get to the stadium early on the day of the game. There is no special parking for the disabled. As soon as you park, go to the Packer Ticket Office and they will give you special tickets for the wheelchair section of the stadium. There are ramps leading to this area so you will more than likely need assistance. The wheelchair section provides an excellent view of the game.

GOLF

Two major tournaments are held in Milwaukee each year. The clubhouse for both events are accessible to the disabled. The most convenient place to watch either the Greater Milwaukee Open or the Lombardi Classic is from the 18th green.

Greater Milwaukee Open
424-4280

Tuckaway Country Club
6901 Drexel Avenue
Franklin, WI 53132

Lombardi Classic
251-5750

North Hills Country Club
N73 W13430 Appleton Avenue
Menomonee Falls, WI 53051

HOCKEY

The Admirals Hockey games are held at the Milwaukee Arena. The policy of the Admirals up to this time has been to allow a disabled person and their attendant in free of charge. It is suggested that you call in advance, especially if you are part of a group.

POLO

Both Uihlein Stables and Joy Farm have polo teams. The games are usually played at Uihlein Field at 3:00 P.M. on Sundays from June through August. You can watch the games from you car or from the grass or asphalt area adjacent to the parking lot. Schedules for games are published in the newspapers.

The Joy Farm team also hold practices throughout the year at their stables on Wednesdays, Fridays and Sundays. Visitors are welcome.

Uihlein Stables
6321 West Good Hope Road
Milwaukee, WI 53223
358-1803

Joy Farm
7007 West 115th Street
Milwaukee, WI 53224
353-9200

RUGBY

There are two rugby teams that play in the Milwaukee area. Both have spring and fall seasons. The Milwaukee Rugby Club plays on Saturdays and Sundays at Uihlein Field, 632 West Good Hope Road or at the lakefront near the Coast Guard Station. For more information call the Up and Under Pub at 276-2677.

The West Side Harlequin Rugby Club plays on Saturdays at Rainbow Field, 116th and Washington Street. For their schedule, call Derry's Irish Pub at 453-6088.

SOCCER

Milwaukee has a large number of soccer clubs. A schedule of games usually appears in the Milwaukee Journal on Thursdays. For more information and to obtain a schedule, you may also contact:

Wisconsin Soccer Association
1428 North 27th Street
Milwaukee, WI 53208
344-0380

List of Fields

Bavarian Club
700 West Lexington Blvd.
Milwaukee, WI 53217

Croatian Park
9100 South 76th Street
Franklin, WI 53132

Cherokee
3717 West Howard
Milwaukee, WI 53221

Milwaukee Kickers
W124 N8925 Brown Deer Road
Menomonee Falls, WI 53051

Milwaukee Serbian
8334 South 13th Street
Caledonia, WI 53108

United Serbian
51st and Oklahoma
Milwaukee, WI 53219

Pennsylvania
5504 South Pennsylvania
Cudahy, WI 53110

Sports Club
14750 W. Silver Spring Drive
Butler, WI 53007

SPECIAL OLYMPICS

This is an international program of physical fitness, sports training and athletic competition for mentally retarded individuals. For more information call 771-1100 or 771-3116.

SPEED SKATING

Greater Milwaukee has one of the very few speed skating rinks in the country. All of the 1980 Olympians, including Eric and Beth Heiden, trained on this rink. Time trials and competition takes place at the State Fair Park grounds. For more information contact the State Fair Park at 257-8800.

TENNIS

Tennis matches are held at the Milwaukee Arena and Auditorium. Specify wheelchair seating.

WRESTLING

Wrestling matches are held at the Auditorium and the Arena. It is suggested that you contact them and specify that you will need wheelchair accommodations.

N. WISCONSIN TELEPHONE COMPANY SERVICES

In addition to the equipment listed in Chapter 13, "Equipment, Adaptive Devices and Clothing", the Telephone Company has some special services for disabled persons.

1. There is no charge for directory assistance for those people unable to use a telephone directory. The person must, however, apply for an exemption.
2. Operators will place local calls at no charge if the person identifies himself as disabled and gives his name.
3. A disabled person requiring assistance in placing a long distance call may request that the call be charged at the direct dial rate.
4. Equipment designed specifically for the disabled, such as bells, lights and amplifiers are sold at cost.

5. Hearing impaired individuals and their families are charged lower rates for direct dial long distance calls within Wisconsin.

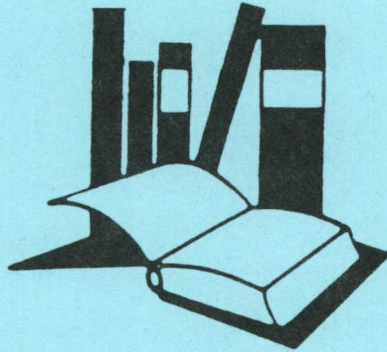
For more information about these services call:

Wisconsin Telephone Company
678-2130

Telecommunications Center for Disabled Customers
740 North Broadway
Milwaukee, WI 53202
678-3222

0. WISCONSIN SHOPPING AND ERRAND SERVICE

The Wisconsin Shopping and Errand Service will do any type of errand you request, such as grocery shopping, getting a prescription filled at the pharmacy and picking up laundry. The hours are from 9:00 A.M. to 9:00 P.M. There is a minimum charge for these services.



CHAPTER 19
INFORMATION SOURCES AND PUBLICATIONS

INFORMATION SOURCES AND PUBLICATIONS

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- Basic Education for Adults: A Resource Directory for Southeastern Wisconsin, Employment and Training Institute, UW-M Enderis Hall, P.O. Box 413, Milwaukee, WI., 53201
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- Human Services Resource Directory for the Greater Milwaukee Area, United Way of Greater Milwaukee, Inc., Milwaukee, WI, 53202, 1980 Edition
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- National Resource Directory, A Guide to Services and Opportunities for Persons with Spinal Cord Injury or Disease and Others with Severe Physical Disabilities. National Spinal Cord Injury Foundation, Inc., 369 Elliot Street, Newton Upper Falls, Massachusetts, 02164
- Physical Education and Recreation for the Handicapped: Information and Research Utilization Center (IRUC), Homemade Innovative Play Equipment for Activities in Physical Education and Recreation for Impaired, Disabled and Handicapped Participants, Washington, DC: AAHPER/IRUC (1201 16th Street, N.W., 20036) 1973, 92 pp
- President's Commission on Employment of the Handicapped Special Report: Taxes and Disability, Internal Revenue Service, 517 East Wisconsin Avenue, Milwaukee, WI, 53202, 271-3780
- Publication 502: Medical and Dental Expenses, Internal Revenue Service, 517 E. Wisconsin Avenue, Milwaukee, WI, 53202, 271-3780
- Publication 503: Child and Disabled Dependent Care, Internal Revenue Service, 517 E. Wisconsin Ave., Milwaukee, WI 53203 271-3780

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- 1981 Traveler's Toll Free Directory, Landmark Publishing, Box 3287 R, Burlington, VT, 05401

PERIODICALS

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- Amicus, National Center for Law and the Handicapped, Inc., P.O. Box 477, University of Notre Dame, Notre Dame, IN, 46556

Paraplegia News, 5201 N. 19th Avenue, Phoenix, Ariz., 85015

Sports N' Spokes, 5201 N. 19th Avenue, Phoenix, Ariz., 85015