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A RESOURCE GUIDE FOR THE DISABLED OF MASSACHUSETTS

ANSWERS TO QUESTIONS ABOUT:

HOUSING
FINANCES
EQUIPMENT
RESOURCE PUBLICATIONS
TRANSPORTATION
SERVICE ORGANIZATIONS
LEGAL AND TAX INFORMATION
SEXUAL FUNCTIONING
ACCESSIBILITY AND TRAVEL
SPORTS AND RECREATION
EDUCATION
EMPLOYMENT

Published by the Massachusetts Association of Paraplegics, Inc.
MARCH 1975

Our sincere appreciation to the following organizations for their financial support in the printing of this document:

Massachusetts Easter Seal Society

Massachusetts Rehabilitation Commission

New England Paralyzed Veterans of America

New England Spinal Cord Injury Foundation

RESOURCE GUIDE
FOR
THE DISABLED OF MASSACHUSETTS

Published
by
THE MASSACHUSETTS ASSOCIATION
OF PARAPLEGICS, INC.

P.O. Box #48
Bedford, Massachusetts

MARCH, 1975

First Edition Printing – 3000 copies

FORWARD

This booklet is a comprehensive resource guide for spinal cord injury and is designed to provide information concerning the many services which are available for disabled persons in Massachusetts. The inclusion of specific names of persons, companies, or pieces of equipment is provided for reference only and not for purposes of endorsement. The reader should note that the booklet is a guideline only, and that information of this type is constantly being changed and revised. We hope that it will be helpful in finding services and equipment, and in meeting the various needs of the disabled of all ages and abilities.

A special thanks to the following for preparing this booklet for publication.

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Linda Hazen, OTR, Lemuel Shattuck Hospital
Rob Heist, Director, Massachusetts Association of Paraplegics, Inc.
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More copies of this booklet may be obtained from:

Massachusetts Association of Paraplegics, Inc.
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Bedford, Massachusetts 01730
Telephone: (617) 275-6078

Corrections or additions to the information presented in this guide may be sent to the above address.

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

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

Are you in the best hospital for you?

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

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

Are you receiving the best care for your disability?

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

- ***Does the staff have you drink lots of water?*** Your kidneys and bladder need the flushing action of a lot of water passing through.
- ***Is the staff watching bowel function closely?*** Bowel function needs help, such as enemas, for awhile. A tube called a catheter is also needed, at least for a while, to help with bladder function.
- ***Does the staff check your heels, ankles, hips and other bone areas for redness at least once a day?*** With the changes that have happened in circulation and skin, pressure sores develop very quickly. It may take months to heal a sore that happened in a few hours. The hospital staff should be taking precautions that no area of your body has continual pressure on it.
- ***Does the hospital have an O.T. and a P.T.? Do the nurses or other staff move your arms, legs and other paralyzed parts of the body at least 45 minutes a day to keep them limber?*** Paralyzed muscles will become very tight and joints will become stiff if not moved frequently. They may give many problems in the future.
- Ask your doctor if he knows about a hospital that specializes in treatment of those with paralysis or if he can find out from groups to which he belongs.
- Ask your social worker, therapist, clergyman or other person to help you find out about specialized centers.
- Find out what qualifications are needed for admission to a center specializing in treatment of disabilities. There will most likely be papers for the doctor to sign. Start planning as early as possible. There may be a waiting period. Don't be afraid to pester doctors, social workers and administrators for help.

II. ARCHITECTURAL BARRIERS

There has been an increasing awareness of the architectural barriers that exist for persons in wheelchairs or on crutches. This is in great part due to the efforts of handicapped persons to make communities aware of the many barriers that exist, for instance, curbs, stairs, narrow doorways, and unusable bathrooms. Self-help groups such as the Massachusetts Association of Paraplegics have sponsored "Awareness Days" in different communities to make city officials aware of the barriers, sometimes including having these officials attempt to maneuver around the community in wheelchairs.

A. Legislation

Federal legislation has been weak. Although requiring that Federal buildings be accessible and conform to certain standards, there has been no effective enforcement of these standards. Washington leaves it up to regional administrators to comply or waive the rules.

State legislation has provided stronger laws:

1. All state public buildings built or reconstructed *after July 1, 1968* shall be made accessible to, functional for, and safe for use by physically handicapped persons (including local schools and townhalls).
2. Board to Facilitate Use of Public Buildings by the Physically Handicapped (Architectural Barrier or A.B. Board) was created in 1968 to enforce the architectural barrier laws. The seven members (three of which must be handicapped persons) have the power to institute court proceedings to compel compliance (Chapter 22, Section 13A of Mass. Law, 1968).
3. The Architectural Barrier law was amended to include public housing authorities, the Mass. Port Authority, the Mass. Parking Authority, the Mass. Turnpike Authority or any building authorities of any public educational institutions effective as of *October 29, 1971* (Chapter 584, Mass. Law 1971).
4. The law was further amended to include private buildings that are "open to and used by the public, and shall include transportation terminals, institutional buildings, commercial buildings exceeding two stories in height or employing more than 40 persons, buildings having places of assembly of more than 150 persons, public areas in funeral homes, restrooms in shopping centers, hotels, motels, and dormitories," *as of January 1, 1972* (Chapter 827, Mass. Law 1972).
5. The Curb Cut Law of *August 22, 1973* requires that whenever a sidewalk is being newly constructed or replaced, the local department of public works must construct curb cutouts at intersections to increase accessibility.

The problem with all of these laws has been enforcement in the communities. Local building inspectors have not been enforcing the law. However, as of *January 1, 1975,* State Building Code, Chapter 802 will require that local inspectors of each town inspect the plans and facilities for the rules and regulations of the A.B. Board (Chapter 418, Mass. Law 1973).

B. Dodge Reports

The Massachusetts Association of Paraplegics, Inc. has been contracted by the Easter Seal Society to scan Dodge Reports (the building industry's bulletin indicating new construction) and send letters and information as to architectural features for the handicapped and State regulations. Easter Seal is attempting to develop committees of volunteers in each community to monitor the Dodge Reports and to advise local contractors of the regulations as new construction appears.

C. What You Can Do

1. If you find a violation of the laws, contact:

   Frank Quinn (Clerk of the A.B. Board)
   Dept. of Public Safety
   1010 Commonwealth Avenue
   Boston, Massachusetts

   Telephone: 727-5152

   Call and also put your complaint in writing since this in necessary to get official documentation from the Department of Safety.

2. Urge businesses, community officials, construction companies to make their facilities accessible. If this is not an expensive proposition they may willingly do it. Use Easter Seal, the Massachusetts Association of Paraplegics, Inc., or other groups as a lever to help you in this effort (possibly writing letters to companies, stores, etc.).

3. Present the movie, "Beating the Averages" (on architectural barriers) to local civic groups. The movie can be borrowed from the Massachusetts Association of Paraplegics, Inc.

D. For Further Information

1. "Rules and Regulations of the Architectural Barriers Board," – Price: $1.00.

2. State Laws mentioned previously. Both No. 1 and No. 2 can be obtained from:

   State Documents Room 116
   State House
   Boston, Massachusetts

3. Bibliography and report on the literature in the field. *The Elimination of Architectural Barriers to the Disabled* is comprehensive and interesting, particularly the comparisons between the U.S. and U.K. approaches to the problem. 36 pages. 1969. $1.00. Canadian Rehabilitation Council for the Disabled, Suite 303, 165 Floor Street E., Toronto, Ontario, Canada.

4. *Construction Details – Planning for the Handicapped.* This attractive 9-page booklet, the result of a group project, would be of interest to similar groups. Free from: Committee to Eliminate Architectural Barriers in Westchester County, 713 County Office Building, White Plains, New York 10601.

5. *Curb Ramps.* Bill Hopkins started working on a curb ramp ordinance back in 1968. Over 2,000 have been installed since then! He has prepared a helpful booklet with diagrams, costs, etc. Write to him at MISCCA, 2004 Lyndale Avenue, S., Minneapolis, Minnesota 55405.
6. *Committee on Barrier Free Design Newsletter* is a very informative and helpful publication. Free from the "President's Committee on Employment of the Handicapped."
7. Congressional Hearings on the impact of architectural barriers. Titled, *A Barrier-Free Environment for the Elderly and the Handicapped,* they are numbered 104J, 105J, and 106J, and are available at 30 cents each from Public Documents Distribution Center, Pueblo Industrial Park Pueblo, Colorado 81001.

III. HOUSING

Accessible housing is a necessity for paraplegics and quadriplegics. This may involve simple adaptations such as a railing on the stairs for an individual on crutches to more complex ones for the individual in a wheelchair. Wheelchair accessible housing will include negotiable ramps, elevators, wider doorways, accessible bathrooms, etc.

A. Apartments

- *Public Housing* – There are over 200 housing authorities in Massachusetts to handle public housing for the elderly and the handicapped.

  Federal law recommends that 10% of all low income housing be usable by the handicapped. A Massachusetts state law (Chapter 812 of 1970) requires that a minimum of 5% of all public housing for the elderly built after January 1970 be designed specifically for and used by the handicapped. The degree of accessibility and the number of units a given housing authority will have varies considerably. Therefore, the individual should contact the housing authority in his local area. The local housing authority would be found in the phone book under: *NAME OF TOWN* Housing Authority. There are no residency requirements and rent is based on income (with certain income limitations). Most of the apartments are one bedroom units.

  This, of course, presents a problem for families with a handicapped member looking for units with three and four bedrooms. However, the housing authority may be able to assist the individual in locating an apartment which could be made accessible with a ramp, grab bars, etc.

  The *Boston Housing Authority* should be mentioned because it has 70 one bedroom wheelchair accessible units located in several housing developments for the elderly. The apartments have wide doors, lower counters, stoves, light switches, etc. within easy reach from the wheelchair, emergency alarm systems and grab bars at tub and toilet. All have parking adjacent to the entrance. Anyone interested in these units should contact:

  Harold Remmes or Vivienne Thomson
  Boston Housing Authority
  1701 Washington Street
  Boston, Massachusetts 02118
  Telephone: 247-1694

  Another good resource for public housing would be the *Bureau of Housing for the Handicapped.* They can advise the individual of the availability of public housing in his area. Contact:

  John Morrison
  Department of Community Affairs
  Bureau of Housing for the Handicapped
  Commonwealth of Massachusetts
  100 Cambridge Street
  Boston, Massachusetts
  Telephone: 727-3264

  The Bureau of Housing or the Massachusetts Housing Finance Agency (45 School Street, Boston, Telephone: 723-9770) may also know of private housing sponsored by developers or church groups who have a specific number of accessible apartments in their developments where the rent is subsidized by the housing authority.

- *Private Apartments* – There is a great deal of variability in the architectural barriers in most private apartments. Older buildings, while being less expensive, may have more barriers.

  When calling about modern apartment buildings ask whether they are "garden style" since these usually have the least entrance barriers.

  For the most part, the following list of private apartments was derived from a questionnaire sent out to members of the Massachusetts Association of Paraplegics, Inc. in May 1974. These are apartments that paraplegics and quadriplegics have lived in and found adequate. There is no way of knowing, at a given time, whether these apartments are available. (This listing is part of a book: *A Guide to Accessible Housing and Transportation* prepared by the New England Spinal Cord Injury Foundation for the Massachusetts Rehabilitation Commission.)

  CAMBRIDGE

  Continental Gardens
  14 Concord Avenue
  617-864-2626

  accessibility: rear entrance has one step – management will allow ramp, elevator in building

  rental cost: $322 – one bedroom to $551 – three bedrooms

  808 Memorial Drive
  617-868-0808 (Noon – 7 P.M.)

  accessibility: all units have level entrance, wide bathroom doors

  eligibility: mixed income

  EAST DENNIS:

  Melpet Apartments
  Route 134

  accessibility: level entrance, narrow bathroom door, parking at the door

  comments: very spacious apartment

  FALL RIVER

  Highland Heights Apartments
  1197 Robeson Street

  contact: Fall River Housing Authority
  P.O. Box 989
  Fall River, Massachusetts 02722
  617-678-2861

  accessibility: completely accessible

  eligibility: low income – maximum $4,600 one person, $5,200 two persons

  LYNN

  Neptune Towers
  Neptune Boulevard
  617-595-6401

  accessibility: ramped entrance, wide bathroom door, nearby parking

NORWOOD

Nassau Gardens
208 A Bahama Drive
617-769-4900

accessibility: ramp back entrance, wide bathroom doors

cost: $260 – two bedrooms, all utilities

Windsor Gardens
624 Walpole Street
617-762-8282

accessibility: level entrance some units, wide bathroom doors

cost: $225 one bedroom; $270 – $284 two bedrooms

SPRINGFIELD

Bay State Place
414 Chestnut Street
413-733-7894

accessibility: level entrance, wide bathroom door

WATERTOWN

24 Patten Street 02172

accessibility: one step from side entrance access to ground floor apartments – narrow bathroom doors

WINTHROP

Governors Park
Governors Drive
617-846-7170

accessibility: two high-rise buildings, no steps, elevator

Fort Heath Apartments
846-7300

accessibility: ramp at back entrance

WORCESTER

Lincoln Village
37 Pleasant Valley Drive
617-852-2256

accessibility: level entrance, wide bathroom doors

eligibility: mixed income

comments: multi-family high-rise, one, two and three bedrooms

WORCESTER: continued

33 Pleasant Valley Drive

accessibility: wide doorways; management plans to install ramp

BOSTON AREA

BRIGHTON: 193A Strathmore Road

comments: four-room basement apartment

BROOKLINE: 1550 Beacon Street
617-738-1550

accessibility: level entrance, wide bathroom doors

eligibility: mixed income, primarily elderly, three units

MALDEN: 630 Salem Street
617-322-9460

accessibility: completely accessible

eligibility: disabled

BOSTON: Morville House
100 Norway Street
The Fenway
Boston, Massachusetts
617-261-8533

accessibility: The entrance is ramped and there is an elevator in the building. There are 14 units designed for the handicapped – one bedroom and efficiency units.

eligibility: disabled; income in low or middle ranges

B. Houses

When looking to purchase a home, the usual sources, newspaper advertisements and real estate brokers, can be contacted. Usually ranch style homes are the most accessible. Often other handicapped individuals may be able to provide information about available housing or show the individual how their home has been adapted.

C. Communal or Halfway House Living

High quadriplegics, who are not physically independent and need assistance with activities of daily living may benefit from some type of communal residence. Paraplegics who have recently been discharged from a physical rehabilitation center may also find that a transitional halfway house bridges the gap between the hospital and the community. Until recently Massachusetts has offered nothing for these individuals. If the individual could not return to his home, discharge was to a nursing home or chronic care facility.

Now there are three facilities that provide some halfway house style living:

Boston Center for Independent Living, Inc. This program is located at Boston University and is not part of a hospital or nursing home facility. The information given below may change since the program is relatively new – September 1974.

- *Number of Residents* – There is presently space for 12. Eventually they hope to have space for 25.
- *Requirements*
  1. The individual must be involved in a higher education or training program or be employed in the community.
  2. The individual must need attendant care for activities of daily living.
  3. The individual must be willing to use the center as a transitional step toward living in the community.
- *Physical Layout* – The Center is located in Boston University's Theology and Towers dormitories – both wheelchair accessible. All the units are double rooms. Meal tickets for the cafeteria are available from Boston University (even for individuals not attending B.U.). There are also kitchen facilities in the basement of the dormitory.
- *Transportation* – Massachusetts Rehabilitation Commission will provide transportation to other schools for those individuals eligible for M.R.C. services.

  The Center is centrally located at B.U. so that residents should be able to use their wheelchairs to commute to classes.

  The Center is hoping to be able to purchase a small van in the future. Donations toward this effort would be greatly appreciated.
- *Comments* – The individual is responsible for room and board (usually paid by SSI, SSDI or personal funds). Medicaid funding will provide for personal care attendents and consultants. Personal care attendants will be students from Sargent College. Consultants available are a physician, occupational therapist, physical therapist and rehabilitation nurse. A group counseling program will also be available.
- *Contact:*

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

Wellington Hall. This program is located within Middlesex County Hospital.

- *Number of Residents* – 9
- *Requirements*
  1. The individual must be working on a vocational goal – attending school or working within the community. (Many are attending Massachusetts Bay Community College.)
  2. The individual must be physically dependent.
  3. The individual must have insurance or Medicaid coverage.
- *Physical Layout* – There is a special unit for the program with private rooms for the residents. Study and lounge area, kitchen and dining area are all located within the unit.
- *Comment* – Massachusetts Rehabilitation Commission provides transportation to vocational programs.
- *Contact:*

  Martha Franz (social worker)
  Middlesex County Hospital
  Trapelo Road
  Waltham, Massachusetts
  Telephone: 894-4600

Lenox Hill Nursing Home and Rehabilitative Facility. This is a program developed within a nursing home-physical rehabilitation facility.

- *Number of Residents* – About 25
- *Requirements* – The individual must be involved in a physical rehabilitation program or a vocational program. Many residents attend North Shore Community College, Salem State College, Grahm Junior College, Career Academy, I.T.T. Technical Institute or Boston University.
- *Physical Layout* – The facility is located on a high hill. A unit within the facility is set aside for the program. The rooms are mostly three-bed units (there are two private rooms). Kitchen facilities and a recreation area are located on the ground floor.
- *Comments* – The unit has a Roycemobile to take residents to local schools and jobs and recreation programs. Transportation to vocational areas is sponsored by Massachusetts Rehabilitation Commission. Recreation programs have been developed for evenings and weekends.
- *Contact:*

  Jeff Goldfarb
  Rehabilitation Coordinator
  Lenox Hill Nursing Home and Rehabilitative Hospital
  70 Granite Street
  Lynn, Massachusetts
  Telephone: 581-2400

IV. TRANSPORTATION

Transportation is a key factor in maintaining contact with the community as well as being crucial in going to school, and working. Nearly all paras and many quads can drive their own hand controlled cars. The basic requirements are 1) a 2-door car, 2) automatic transmission, and 3) enough space behind the front seat into which the paraplegic can pull his folded wheelchair. (See following sections on hand controls and driver training.)

Many high quads find it easier to drive an "Ironsides" van from their wheelchair, using a lift or ramp to get in and out. (See section on ramps and lifts as well as the 1973 Rehabilitation Gazette for an excellent article on vans with lifts.)

Public transportation still presents major problems. Three of the specialized transportation services with knowledgeable attendants are the following:

DORCHESTER

Handy-Cabs
42 Ramsey Street
617-665-7300 or 617-265-7161

cost: $3.50 pickup, 75¢/mile, $10/hour waiting period, 2 hour minimum

area: "all around Route 128, into Boston"

service: 2 vans with ramps

contact: Tom Holmberg

comment: regular daily basis, same rate

WAYLAND

Norton Systems
Post Office Box 68
617-358-7136

cost: variable depending upon usage

area: entire eastern Massachusetts and Cape Cod

service: fleet of vans with ramps for severely disabled

contact: John Norton

WESTON

Medi-Cabs of Massachusetts Bay, Inc.
56 Colpitts Road
617-899-8700

cost: $14 one way for first 5 miles, $1/each additional mile, $5 for stairs

area: entire eastern Massachusetts area to Worcester

service: fleet of vans with ramps for severely disabled

contact: Ernest Kitchen

comment: regular daily service can possibly be arranged

Other transportation services:

BOSTON

ReWhit Transportation
31 Stanhope Street
617-536-4000

cost: negotiable

area: statewide

service: two ramp-type vans and buses

contact: Al Backman or Shirley White

comments: services wheelchairs

CHELSEA

H. Caplitz Transportation Company
39 Orange Street
617-884-5963

cost: negotiable

area: north shore – Chelsea, Revere, Everett, Somerville, around Route 128

service: nine passenger wagon, no vans, only individuals who are able to transfer

contact: H. Caplitz

MATTAPAN

Crawford Associates Transportation, Inc.
1563 Blue Hill Avenue
617-296-3680

cost: varies with mileage

area: greater Boston

service: vans and wagons, some with ramps and locks for wheelchairs

comment: presently contractor for handicapped school children in city of Boston

MEDFORD

Mystic Services, Inc.
273 Riverside Avenue
617-396-9845

cost: negotiable

area: Boston, north shore

contact: Alex Sasagosa

service: one van with ramp, station wagons

METHUEN

Williams School Transportation, Inc.
18 Mystic Street
617-682-4545

cost: negotiable

area: north east

service: one van with ramp, services wheelchairs

contact: J. Williams

PEABODY

Travel Time
14 Hardy Street
617-532-2266

cost: negotiable

area: north shore

service: one van with ramp

contact: Anthony Belli, Jr., President

ROXBURY

Yellow Cab Corporation of Boston and Brookline
1890 Columbus Avenue
617-522-3000

cost: standard taxi rates

area: greater Boston

service: large fleet of regular taxicabs

comment: serves greater Boston area with a large fleet of cabs for those without need of special ramps, etc.

SAUGUS

Transpo, Inc.
44 Birch Street
617-233-3727

cost: based on mileage

area: north shore

service: van and sedans (no adapted vans)

contact: George Walker

SPRINGFIELD

West Springfield Servi-Car
Post Office Box 3781
413-736-4933

cost: $11 per hour

area: Western Massachusetts

service: eighteen vans with ramps

contact: Robert Sullivan

comment: primarily transports school children, not available on a regular basis

WALTHAM

Waltham Central Square Taxi, Inc.
30 Elm Street
617-893-2000 or 617-894-2000

cost: varies with trip, time and mileage

area: Waltham, Watertown, Boston and Wayland

service: station wagons, taxi cabs, no ramp vehicles

contact: Robert Hardiman

comment: handles children with collapsible wheelchairs

WESTBORO

Custom Mini Coach, Inc.
617-366-0100

cost: varies with mileage and time

area: Westboro-Framingham and Worcester County

service: one adapted van

contact: Ed Norris

WORCESTER

Arrow Cab Company
90 Madison Street
617-756-5184

cost: varies with mileage

area: Worcester

service: several large "Checker-type" vehicles, willing to assist

WORCESTER - continued

Easter Seal Society
37 Harvard Street
617-757-2756

cost: free

area: greater Worcester area

service: van for group transportation only, ramp and wheelchair locking devices

contact: Donald Perry

One least resource, when all other resources have been exhausted in FISH. These voluntary groups are frequently able to provide temporary, emergency (non-medical) transportation for those able to make their own transfers. Check your telephone directory. Many of the original chapters have ceased to exist and all are frequently very short of volunteers at any given time. The drivers are usually retired men and women who cannot reasonably be expected to provide physical assistance. As a guide in locating a chapter, look first under FISH. If there is no listing, try the name of the town and FISH. For example, in the town of Belmont it is referred to as Belmont FISH but in another town it may be FISH of a given town.

This entire section was reprinted from the book *A Guide to Accessible Housing and Transportation* by the New England Spinal Cord Injury Foundation (prepared for the Massachusetts Rehabilitation Commission). The information states prices, services and areas served as of June, 1974.

V. INFORMATION FOR HANDICAPPED DRIVERS

The ability to drive is a major asset for the handicapped person. The following information is intended to provide the basic information needed as well as listing resources for further information related to driving.

A. Driver Training

The following schools offer driver training classes for those who need to learn to use hand controls. They require a doctor's letter. (Fees are of course subject to change.)

BROOKLINE

Garber's Auto Driving School
1406 Beacon Street
617-566-2100 or 617-734-2100

cost: $16 per hour for lessons

MAYNARD

Maynard Driving Academy
74 Main Street
617-897-3377

cost: $13 per hour lesson

area: statewide

service: driver training with hand controls, sells and installs hand controls

TAUNTON

Davis Auto School
7 Taunton Green
1-800-242-0250 (toll free)

cost: 45 minute lesson includes pick up and delivery – $12.90

area: Brockton, New Bedford, Fall River, Taunton, and surrounding area

service: provides driver training for disabled individuals, has one hand controlled car available

WORCESTER

Central Massachusetts Rehabilitation Center
299 Lincoln Street
617-852-0452

service: developing driver training for all qualified handicapped individuals

B. Massachusetts Rehabilitation Commission

MRC will pay for driver training and hand controls when the driver is eligible for its services, when there is proper medical authorization, and when the need for hand control driving is related to vocational objectives, i.e., vocational training, school, or work. You will need to contact the MRC office that covers the region where you live. (See section devoted to MRC elsewhere in this publication for list of addresses of the offices in Massachusetts.)

C. Insurance

Several companies will insure handicapped drivers without putting them in an assigned risk category. Check with your insurance agent for more information.

D. HP License Plates

Special designaton plates (HP) are available to all handicapped drivers. There is no additional charge for these plates. To obtain the HP plates, you need to obtain a medical form from the Massachusetts Registry of Motor Vehicles, 100 Nashua Street, Boston, Massachusetts (727-3865). If you write, label the envelope "Attention – Veterans – Handicapped Division." Your physician must complete the form and return it to the Registry.

HP plates are not required for handicapped drivers. Some of the advantages of HP plates are: access to specially designated parking spaces, exemption from parking meter fees, and during the gasoline crises, exemption from the odd/even day gas purchase system.

E. Driver's License and Vehicle Taxes

You will need to contact the Registry to have a license change made, particularly when hand controls, automatic shifts and other mechanical changes are necessary. If you require hand controls or a specially equipped vehicle, you are entitled to a sales tax exemption on the purchase of a new vehicle and you are entitled to a rebate on excise tax on any car. A sales tax exemption form is available from a state tax office. An excise tax abatement form must be filed annually in your city or town of residence. A doctor's verification of your handicap should be filed in the assessor's office in your town hall.

F. Hand Controls

There are many factors to consider when purchasing hand controls. The Veterans Administration has done a variety of studies of controls, types of vehicles, etc. Some of this information is available through groups such as Paralyzed Veterans of America (address elsewhere in this publication). *Cord Word*, the newsletter of PVA carries articles from time to time, as well as other journals. One major source of up-to-date information is *Rehabilitation Gazette*, 4502 Maryland Avenue, St. Louis, Missouri 63108, It is wise to do considerable checking and comparing before making a final decision on the purchase of hand controls, and also an automobile for that matter. The following is a list of suppliers of hand controls. Their inclusion here is in no way intended to be an endorsement.

CALIFORNIA – EL SEGUNDO

Trijillo Industries
815 Nash Street
zip: 90245
714-492-6207

COLORADO – ENGLEWOOD

Handicaps, Inc.
4345 South Santa Fe Drive
zip: 80110
303-789-1032

MASSACHUSETTS – BOSTON

Ellis, Inc.
1001 Commonwealth Avenue
617-782-4777

cost: $100 approximately, can arrange installation

service: sells Murray controls

BURLINGTON

Bob Harris
Post Office Box 81
617-862-3837

service: sells and installs Wells-Engberg controls

DORCHESTER

Ashmont Welding
Dorchester Avenue
617-436-8661

cost: $250 average

service: makes and installs hand controls

WESTFORD

Sleeper Equipment Company
Littleton Road, Routes 110 and 225
617-692-8441

cost: $130 to $170 for basic hand control unit, installation approximately $50 depending on make of car and time required

service: sells and installs Gresham hand controls

WORCESTER

Henry Dufresne
Post Office Box 931
617-755-2942 or in Boston 727-6451

cost: $135 to $160 plus installation

service: sells and installs Gresham and Wells-Engberg controls

NEW JERSEY – MONTCLAIR

Drive-Master Corporation
61 North Mountain Avenue
zip: 07042

POMPTON LAKES

The National Institute for Rehabilitation Engineering
238 Poplar Avenue
zip: 07442
201-694-9100

NEW YORK – NEW YORK CITY

Kroepke Kontrols
104 Hawkins Street
zip: 10464
212-885-1547

RHODE ISLAND – PROVIDENCE

R.I. Limb Company
60 Elmwood Avenue
401-941-6230

service: sells auto hand controls

Your driving instructor can probably assist you in determining the most appropriate model for you. In the most common type of control, a single lever operates both the brake and the accelerator. Usually pressing down on the lever applies the brake, while pulling up on or twisting the handle applies the accelerator. Power brakes are desirable, since they require less effort for operation.

The American Automobile Association has not tested or evaluated any of the controls. Thus, before purchasing a control the following points should be considered. The supplier should provide a 30-day money back guarantee. The attachments to the brake and accelerator should be attached in such a way that they will not interfere with the operation of the car by other than the handicapped driver. A well-designed control, improperly installed may create a hazard. The controls should be securely mounted to the vehicle and tested before being put into service.

G. Resources

If you are handicapped and have questions about driving, you may want to write for a copy of: "Physical Impairments and the License to Drive" prepared by the Research Utilization Branch, Division of Research and Demonstrations, Social and Rehabilitation Service, Department of Health, Education, and Welfare, Washington, D.C. 20201.

VI. LEGAL AND TAX INFORMATION

In order to receive maximum benefit from his rights, the handicapped individual must be aware of these rights. His socio-economic and employment status, as well as health and educational status, may depend on the scope of this awareness and depth of understanding of the rights and benefits allotted him as a handicapped citizen.

A. Laws Affecting Educational Services

If the individual is under age 22 he is entitled to complete his public school education (if he has not already done so) in a regular classroom of a neighborhood school. Contact the local school committee or school department for specific admission information. (*Chapter 766* of the Acts of 1972.)

B. Laws Affecting Health Care Services

Medicaid is a health care insurance program administered to physically handicapped persons who are eligible for S.S.I. (Supplementary Security Income) benefits. Eligibility is determined by a review of his income and resources and financial responsibilities. A booklet entitled, "If You Become Disabled," describes the Medicaid benefits as set forth by the U.S. Social Security Administration and the Massachusetts Department of Public Welfare. This booklet is often available in local post offices or banks. The individual should call the nearest social security office for detailed information.

Services that can be covered include: visits to the doctor or dentist, medical prescriptions, hospital care, nursing home care, laboratory work, wheelchairs, therapies, eye glasses, hearing aids, and home health services.

Once the individual has applied he has the right to be notified of their decision within 30 days. If he has been denied Medicaid, he has the right to appeal the determination and to file for a hearing. A local Legal Assistance Project is a good place to find an attorney with this kind of experience.

C. Laws Affecting Social Welfare

Voter Registration: Physcially handicapped persons may vote in any election by absentee ballot, which must be notarized. Contact the Elections Commission of the town for procedures and deadlines. The League of Women Voters in the area can usually assist the individual with this process, as well as providing campaign information and their views of political issues.

Advocacy: "Rights Handbook for Physically Handicapped Children." This handbook tells about many of the laws and rights which may be of interest to handicapped children in Massachusetts or their parents; it contains a great deal of information of concern to handicapped adults as well. While many of the laws and examples may not apply to the specific situation, guidelines for securing rights or developing further rights are included.

Published in April 1974, the "Rights Handbook" describes education, medical affairs, vocational training, income taxes, automobile taxes, and special services for those with visual and/or hearing impairment. It is available free of charge, from:

Child Advocacy Project
Easter Seal Society of Massachusetts
14 Somerset Street
Boston, Massachusetts 02108

The importance of the handicapped person's rights cannot be over-stressed. Public employees are there to serve the client and to provide him with needed assistance. The individual should keep records of all contacts made, names, dates, summaries of conversations, and written communications which will verify his efforts.

D. Federal Income Tax

By claiming exclusions and deductions provided by law, the handicapped individual can save money on federal income tax. Chapter 5 of the "Rights Handbook" described above covers just about every angle. Almost anything that helps a handicapped person function better should qualify as a medical expense deduction. Payments should be claimed in the year that they were made, no matter when the bill was received. Deductions are also allowed for dependent persons and for dependent care services in certain cases. Blind persons are entitled to an additional exemption on Federal income tax.

When filling out the forms the handicapped person should:

1. Keep track of deductible expenses and exempt incomes throughout the year in one place.
2. Seek qualified help if he is unsure about any particular item.
3. Contact Internal Revenue Service in the department called *Taxpayer Assistance and Information.* They provide both telephone and walk-in services for individuals requesting assistance. Major IRS offices are located in Boston, Worcester, and Springfield.
4. Changes and additions in deductions and exemptions can be made year to year.

E. Massachusetts Income Tax

The tax deductions available to handicapped people relate to the type of income that is taxed at 5% (wages, salaries, tips, certain pensions and annuities, interest over $100 per taxpayer, profits from a business or profession, etc.). The individual should be sure to follow instructions that came with the tax forms, as it may differ from the Federal Income Tax.

He can claim deductions for medical/dental expenses on his state form only if he itemizes these deductions on his Federal return. There is also a provision for exemptions that certain blind people can claim.

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

F. Laws Regarding Non-Discrimination in Jobs

Massachusetts Law (Chapter 149, Section 24K) makes it illegal for an employer to refuse to hire or to fire any handicapped person solely because of his handicap. Such discrimination is reportable and punishable by fine.

The Massachusetts Department of Labor and Industry
Division of Industrial Safety
100 Cambridge Street
Boston, Massachusetts 02202
Telephone: 727-3461

handles complaints and has the jurisdiction to implement this law.

Public Law 93-112, Section 504:

> *"No otherwise qualified handicapped individual in the United States. . . shall, solely by reason of his handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal assistance."*

From the *Congressional Record*, 4/11/74

Suspected discrimination in employment, housing, education, or any other vulnerable area is of great concern also to the Civil Liberties Union of Massachusetts, 3 Joy Street, Boston, Massachusetts (227-9469).

VII. SUPPLEMENTAL SECURITY INCOME (SSI)

The Federal Supplemental Security Income Program went into effect January 1, 1974 and responsibility for administering assistance payments to aged, blind and disabled clients shifted from the Welfare Department to the Social Security Administration. This means that SSI eligibility of individuals will be the same throughout the United States.

Disabled and retired persons under a certain income may be eligible for Social Security and SSI. Eligibility for Social Security is based on the individual's working time and the amount that he has put into Social Security. SSI requires no working time to be eligible. A person receiving Social Security may also be eligible for SSI if his income is not too high.

The amount received from SSI will be based on the individual's status, i.e., single, married with children, etc., what his income is, Social Security payments and how long he has been out of work.

While the SSI application is being processed, the individual can apply for General Relief at the Welfare Department for the interim. Generally, it takes about 45 days to process the applications of disabled clients.

A person receiving SSI is automatically placed on the Medicaid rolls. If an individual applies for Medicaid, he can also fill out an application for SSI.

Since eligibility requirements are complicated, to say the least, a disabled person who does not feel that he is receiving enough money should contact one of the Social Security Administration Offices listed on the following page. The brochure "If You Become Disabled" describes Social Security benefits and how to qualify for them. You may also find the publication put out by the Easter Seal Society helpful as you discover some of the benefits of the Social Security Supplemental Income.

SOCIAL SECURITY ADMINISTRATION
DISTRICT AND BRANCH OFFICES
(MASSACHUSETTS)

Attleboro 02703	7 North Main Street Bates Building Tel. (617) 222-0273	Lynn 01901	140 Union Street Tel. (617) 454-9151
Boston 02116	31 St. James Avenue Park Square Building Tel. (617) 223-7373	Malden 02148	24 Exchange Street Tel. (617) 321-2408
Brockton 02401	365 Westgate Drive Tel. (617) 588-7835	New Bedford 02740	749 Purchase Street Tel. (617) 999-3101
Cambridge 02138	625 Mt. Auburn Street Tel. (617) 491-0700	*Hyannis 02601	139 Falmouth Road Tel. (617) 775-7501
Chelsea 02150	297 Broadway Tel. (617) 884-2480	Norwood 11052	17 Cottage Streeg Tel. (617) 762-8510
Fall River 02720	400 North Main St. Tel. (617) 676-1981	Pittsfield 01201	20 Elm Street Tel. (413) 445-4582
*Taunton 02780	19 Court Street Tel. (617) 823-5116	Quincy 02169	1431 Hancock Street Tel. (617) 471-3507
Fitchburg 01420	154 Main Street Tel. (617) 345-4183	Roxbury 02119	2414 Washington St. Tel. (617) 442-8166
Framingham 01701	49 Park Street Tel. (617) 875-6191	*Dorchester 02122	1305 Dorchester Ave. Tel. (617) 288-3900
Haverhill 01830	367 Main Street Tel. (617) 375-5619	*Roslindale 02131	1 Belgrade Avenue Tel. (617) 323-0850
Holyoke 01040	330 Appleton Street Tel. (413) 534-7361	Salem 01970	2 Margin Street Post Office Building Tel. (617) 744-2366
*Greenfield 01301	277 Main Street Tel. (413) 773-7327	Springfield 01103	145 State Street Tel. (413) 781-2420
Lawrence 01840	488 Essex Street Tel. (617) 686-6171	Waltham 02154	24 Crescent Street Tel. (617) 894-4320
Lowell 01852	21 Palmer Street Tel. (617) 454-9151	Worcester 01608	340 Main Street Tel. (617) 791-2251

*denotes Branch Office, all others are District Offices.

VIII. MASSACHUSETTS REHABILITATION COMMISSION (M.R.C.)*

The Massachusetts Rehabilitation Commission provides vocational rehabilitation services to the physically or mentally handicapped who need them to secure or retain gainful employment ("gainful employment" can mean employment in the competitive labor market, the practice of a profession, self employment and homemaking). These services include any of the following:

- Medical, psychological, and vocational evaluation to determine the nature and degree of disability and to assess work capacity;
- Counseling and guidance to achieve good vocational adjustment;
- Medical, surgical, psychiatrics, and hospital care plus related therapy to reduce or remove disability;
- Artificial limbs, hearing aids, wheelchairs and other prosthetic appliances;
- Interpretive services for the deaf;
- Training for the right job in school or college, trade or commercial school, on the job, in a rehabilitation center, or at home;
- Maintenance and transportation during rehabilitation;
- Tools, books, equipment, training supplies, and licenses for work;
- Initial stock and supplies for small business enterprises;
- Placement in a job suited to the individual's physical and mental capacities;
- Follow up on the job to insure that both employee and employer are satisfied;
- Adaptations on the home to make it accessible.

WHO IS ELIGIBLE?

To be eligible a client must be of or approaching employable age, a resident of Massachusetts, have a physical or mental disability (mental retardation or emotional disturbance) and have an employment handicap. MRC must feel that the individual has potential to secure gainful employment.

To determine employment potential MRC will arrange psychological and vocational tests as well as examinations to determine physical disability.

Since MRC is primarily Federally funded, there are limitations in the services they can provide. They have to work within a set budget granted them each year from the State and Federal governments.

*From the booklet: "What Can the Commonwealth of Mass. Do for You?"

WHERE TO APPLY

Anyone interested in obtaining MRC services should contact the nearest District Office:

BOSTON & BROOKLINE
141 Milk Street
02109
357-8137

BROCKTON & TAUNTON
196 Main Street
02401
583-1530

CAMBRIDGE
2464 Mass. Avenue
02140
492-0360

FALL RIVER
10 Purchase Street
02720
678-9041

FITCHBURG
76 Summer Street
01420
345-1713

GREENFIELD
324 Main Street
01301
774-2326

HOLYOKE
560 Dwight Street
01040
536-8200

HYANNIS
147 Falmouth Road
02601
775-6131-6132

LAWRENCE
46 Amesbury Street
01840
685-1731

LOWELL
97 Central Street
01852
457-7544

LYNN
31 Exchange Street
01901
593-6604

MALDEN
33 Dartmouth Street
02148
324-7160

MATTAPAN
591 Morton Street
02124
288-4600

MILFORD
3 Fayette Street
01757
478-0770

NATICK
9 Mercer Road
01760
653-1105

NEW BEDFORD
558 Pleasant Street
02740
993-6256

NORWOOD
511 Washington Street
02062
769-5950

PITTSFIELD
6 Clinton Avenue
01201
499-2720

QUINCY
1431 Hancock Street
02169
471-1600

ROXBURY
306 Martin Luther King Blvd.
02119
442-5510

SOUTHBRIDGE
922 West Main Street
01550
765-5968

SPRINGFIELD
16 Fort Street
01103
736-7296

WORCESTER
75 Grove Street
01605
754-1757

Administrative Office:	296 Boylston Street Boston, Massachusetts 727-2172
Other Offices:	80 Boylston Street Boston, Massachusetts
Correctional Office Deaf Services Office Severe Disability Unit Special Projects	
Division of Disability Adjudication:	660 Beacon Street Boston, Massachusetts
Satellite Facilities:	
North Shore Workshop	P.O. Box 50 Hathorne, Massachusetts
J.T. Berry Rehabilitation Center	Lowell Street N. Reading, Massachusetts
Our Brother's Place	P.O. Box 419 Medfield, Massachusetts
Mass. Mental Health Center	20 Vining Street Boston, Massachusetts
Metropolitan State Hospital	475 Trapelo Road Waltham, Massachusetts

MRC PUBLICATIONS

1. *"What Can the Commonwealth of Massachusetts Do For You if You are Disabled?"*
2. *"Clients Rights and Responsibilities"* (Information for new clients of MRC)
3. *"Physical Disability Services"*
4. *"The Informer,"* a quarterly publication by MRC to provide accurate information to handicapped individuals and groups concerning legislative and programmatic shifts and developments relevant to MRC.

IX. EDUCATION

The following resources are articles, organizations, and committees which offer specific information to all handicapped concerning many aspects of the educational process.

SCHOOLS

There are several Massachusetts campuses which have disabled students in attendance including Boston University, University of Massachusetts, (Amherst and Boston campuses), Assumption College, Salem State College, Massachusetts Bay Community College, Massachusetts Institute of Technology, Quinsiggamond Community College, Springfield Technical Community College.

It is suggested that you contact the college or school of your choice regarding accessibility. Some people have found that certain schools are willing to make changes in dorms, etc. to make attendance by the handicapped individual more feasible. Nationwide, there seems to be increasing awareness of the needs of the handicapped on compuses, and a number of schools have made significant committments to improving assessibility, e.g., University of Illinois, Ohio State University, etc.

Garden City Activity Center in Newton has adult education programs and seminars for those desiring informal, non-credit settings. Call for monthly schedules 965-3389.

University of Massachusetts at Amherst – "Campus Guide for the Physically Disabled" prepared by Marie J. Desmond, 241 Sunset Avenue, Amherst, Massachusetts 01002.

COMMITTEES

Resource and Counseling Center for Handicapped Students
University of Massachusetts – Boston
Boston Harbor Campus
Dorchester, Massachusetts 02125
Telephone: 287-1900, ext. 2922, 2923

Boston University Committee for Handicapped Students
George Sherman Union, Room 411
775 Commonwealth Avenue
Boston, Massachusetts
Telephone: 353-3654 or 353-3634

Intercampus Committee for Handicapped Students (ICCHS)
408 Churchill Hall
c/o Northeastern University
Boston, Massachusetts 02115
Telephone: 437-3784

ICCHS is a non-profit group of handicapped students and others from colleges and agencies interested in their education. The goal of ICCHS is to get as many qualified handicapped students as possible into colleges, and to help as many colleges as possible become accessible to and usable by handicapped students.

For Students ICCHS

- recruits handicapped persons who should go to college and provides information and encouragement
- publishes a newsletter to share facts, ideas, and experiences.
- maintains a volunteer Telephone Resource Service for troubleshooting, information sharing, and problem solving
- publishes a Resource Guide with helpful information, ideas, and sources of assistance

For Colleges ICCHS

- conducts workshops to educate and desensitize college faculty and staff members about physical disabilities
- provides information and technical assistance to colleges
- conducts surveys of campus accessibility and methods of eliminating architectural barriers
- encourages resource-sharing and cross-registration among colleges in the same area
- stimulate intercampus communication and information-sharing through meetings, workshops, and telephone resource service

ARTICLES AND PRINTED MATERIALS

"Accessibility of Junior Colleges for Handicapped" President's Committee on Employment of the Handicapped, Washington, D.C. 20210

"Directory of National Associations Relating to the Education of the Crippled and/or Health Impaired" request the most recent directory from the Department of Health, Education, and Welfare, Washington, D.C.

"Education of the Handicapped Student" Reprint – 50¢ *Rehabilitation Literature*, 2023 West Ogden Ave., Chicago, Illinois 60612

"Wheelchairs on Campus." Reprint of May, 1966 *Performance*. Free. The President's Committee on Employment of the Handicapped, Washington, D.C. 20210

"Higher Education and Handicapped Students." Free from Harry Waters, Ed.D., Kansas State Teachers College, Emporia, Kansas 66801

"Cerebral Palsied College Students." Free from CPCS Study, United Cerebral Palsy Association, Inc., 66 E. 34th Street, New York, N.Y. 10016

"Mobility for Handicapped Students." Free from Rehabilitation Services Administration, Department of Health, Education and Welfare, Washington, D.C. 20210

X. EMPLOYMENT

The following are some resources for getting help and information regarding employment possibilities, training, problems, etc.

1. Massachusetts Rehabilitation Commission – for complete information on services see MRC section elsewhere in this publication

2. Commission on Employment of the Handicapped
   C.F. Hurley Employment Security Building
   Government Center
   Boston, Mass. 02114
   Toll free: 800-392-6077
   Boston: 727-6470

3. Task Force on the Handicapped: Job Clearinghouse
   Room 218 Hurley Employment Security Building
   Government Center
   Boston, Mass.
   727-6451 or 727-4211

4. U.S. Civil Service Commission
   Boston Region
   John W. McCormack P.O. and Courthouse
   Boston, Mass. 02109

   offers publication: "Co-ordinators for Selective Placement of the Handicapped"

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

XI. INFORMATION ON SEXUAL FUNCTIONING

- *Sex and The Spinal Cord Injured: A Selected Bibliography*
  Prepared in August, 1973 by Harry A. Schweikert, Jr.,
  Administrative Assistant, PVA
  7315 Wisconsin Avenue
  Washington, D.C. 20014

- *Sexual Adjustment: A Guide for the Spinal Cord Injured*
  by Martha Ferguson Gregory,
  Accent Special Publications, Accent on Living, Inc.
  P.O. Box 726
  Bloomington, Illinois 61701

  Martha Gregory is a vocational counselor who is married to a C5 quad. The Gregory's have participated in several workshops on sexuality.

- *Sex: Rehabilitations Stepchild. Developing Programs of Sexuality with the Spinal Cord Injured.*
  1973. The National Paraplegia Foundation
  333 North Michigan Avenue
  Chicago, Illinois 60601

- *Sexual Function in Spinal Cord Injured Patients: A Review*
  by Ernest Griffith, M.D.
  Archives of Physical medicine and Rehabilitation
  Vol. 54, December 1973

- *Monograph on Sexual Functions and Paraplegia*
  Reprinted from "Handicapped Forum," 1106 #
  11111-87 Avenue
  Edmonton, Alberta, Canada
  Copies may be obtained locally from the MAP Office, P.O. 48, Bedford, Massachusetts.

- The University of Minnesota in Minneapolis has a Program in Human Sexuality sponsored by the Medical School. Periodically they have workshops and seminars regarding sexual function and the spinal cord injured. They have produced three movies dealing with various aspects of the subject. Their address is:

  Dr. Theodore Cole
  Research East Building
  2630 University Avenue, S.E.
  Minneapolis, Minnesota 55414

- Veterans Administration Source Book, *Rehabilitating the Individual with a Spinal Cord Injury,* Superintendent of Documents, U.S. Government Printing Office, Washington, D.C.

- "Sex and Self The Spinal Cord Injured" Silas P. Singh, Ph.D., Tom Magner *Rehabilitation Literature,* 1975, Vo. 36, No. 1, pp. 2-7.

- Booklet on Sex and the Spinal Cord Injured is available from
  Mr. Jerry Morgan,
  1045 Pinelog Road, Apartment 2
  Conyers, Georgia 30107
  cost: $5.00

XII. ORGANIZATIONS CONCERNED WITH PARAPLEGIA

The Massachusetts Association of Paraplegics (MAP), the National Paraplegia Foundation, the Paralyzed Veterans of America, and the New England Spinal Cord Injury Foundation are four key resources concerned with meeting many of the needs of the paraplegic.

A. The National Paraplegia Foundation (NPF)

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

1. To bring about the best possible medical care and treatment for paraplegics,
2. To stimulate relevant research, especially basic medical research toward a cure for paraplegia,
3. To help individuals who are paraplegics achieve their own goals.

NPF is actively involved at the local, state, and national level with such activities as chapter meetings, professional conferences, publication and distribution of literature, information and referral, promotion of government programs, and an annual national conference.

Further information on NPF activities and membership is available from: (The National Paraplegic Foundation, 333 N. Michigan Avenue, Chicago, Illinois 60601). You may call them at 312-346-4779.

The local NPF chapter is the Massachusetts Association of Paraplegics (MAP).

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

The NEPVA is one of about 30 chapters of the Paralyzed Veterans of America, serving the New England area. The PVA is a membership organization consisting of veterans who are paralyzed as the result of service or non-service connected causes. The NEPVA as part of the PVA serves its members by:

1. Assisting members in obtaining full benefits of their V.A. Benefits,
2. Promoting programs within the V.A., especially the Spinal Cord Injury Service at the V.A. Hospital in West Roxbury, Massachusetts,
3. Promoting legislation at both the national and local levels which will be of importance to the paraplegic veteran and civilian, alike.

The address of the organization is:

NEPVA
West Roxbury Veterans Administration Hospital
V.F.W. Parkway
West Roxbury, Massachusetts.

National address:

Paralyzed Veterans of America, Inc. (PVA)
7315 Wisconsin Avenue
Washington, D.C. 20014
Telephone: 202-652-3464

C. New England Spinal Cord Injury Foundation (NESCIF)

Established in 1973 through a Federal grant, the purpose of the organization is to develop a scholastic approach to spinal cord injury by integrating resources and developing systems of care and services in the six New England states. From the moment of injury until the person is home and involved in some vocation, the rehabilitation program should be a well coordinated effort geared to the specific needs of the spinal cord injured.

The foundation does not provide direct services to the spinal cord injured.

Specifically, the Foundation is involved in:

1. Providing technical assistance to agencies and groups (for example, conference on spinal cord injury for Massachusetts Rehabilitation Commission).
2. Identifying present resources for care.
3. Maintaining a registry of the spinal cord injured in the six New England states. It is hoped that from these statistics, evaluations will be made to see what can be done in the area of prevention.

Membership in the organization is $5.00 per year.

Address is:

NESCIF
369 Elliot Street
Newton Upper Falls, Massachusetts 02164, Telephone 617-964-0521

D. Massachusetts Association of Paraplegics (MAP)

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

Much of the work of MAP is done by committees concerned with areas such as Architectural Barriers, Housing, Employment, Education, Legislation, and Speakers Bureau. In addition, MAP sponsors the annual Bay State Wheelchair Games and publishes a monthly newsletter sent to all members.

Meetings are held monthly in various regions of the state including Boston, Cape Code, Southeastern Massachusetts, Springfield and Worcester. Further information on Chapter meetings and membership is available from MAP, Inc., P.O. Box 48, Bedford, Massachusetts 01730.

E. Other Assistive Organizations

The following organizations can offer additional supports and services which might be needed.

1. *Easter Seal Society for Crippled Children and Adults of Massachusetts, Inc.* Regional Offices:

14 Somerset Street
Boston, Massachusetts 02108
227-9605

145 State Street
Springfield, Massachusetts 01103
732-2548

26 Chestnut Street
Andover, Massachusetts 01810
474-1477

30 Highland Street
Worcester, Massachusetts 01608
757-2891

856 Church Street
New Bedford, Massachusetts 02745
998-3536

State Headquarters: 37 Harvard Street
Worcester, Massachusetts 01608
757-2756

Information and referral service at each regional office.

2. *United Community Planning Corporation,* 14 Somerset Street (9th floor), Boston, Massachusetts

Information and referral service. Telephone: 742-2000

3. *Massachusetts Council of Organizations of the Handicapped (MCOH).* This organization has the objective of bringing under one umbrella the many and varied activities of organizations of the handicapped in Massachusetts. The council serves as a clearing house for activities and priority programs of the member organizations. The Council also serves to coordinate the programs of each organization in order to more effectively serve all disability groups in Massachusetts.
Contacts:

Vivienne Thomson – Secretary
1701 Washington Street
Boston, Massachusetts 02118

Harold Remmes
41 Woodglen Road
Hyde Park, Massachusetts 02136

Available publications:

a. "A Consumer's Guide to Organizing the Handicapped" ($3.00).

b. Directory of Organizations of the Handicapped in the U.S. ($8.00).

c. Directory of Self-Help groups that are members of MCOH (including Massachusetts Association of Paraplegics, Paralyzed Veterans of America, Spina Bifida, etc.).

4. *National Voluntary Health Agencies*

Arthritis Foundation
1212 Avenue of the Americas
New York, New York 10036

National Kidney Foundation
342 Madison Avenue
New York, New York 10017

United Cerebral Palsy Association, Inc.
66 East 34th Street
New York, New York 10016

National Multiple Sclerosis Society
257 Park Avenue South
New York, New York 10010

Epilepsy Association of America
111 West 57th Street
New York, New York 10019

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

5. *United States Government Agencies Involved in Programs for the Disabled*

Department of Health, Education, and Welfare:

- Office of Education
- National Institutes of Health
- Social Security Administration
- Social and Rehabilitation Services
- Office of Human Development
- Rehabilitation Services Administration

Department of Labor

Veteran's Administration

6. *International*

ICTA Information Center
PACK
S-161 03 Bromma No. 3
Sweden

ICTA is an international committee (Committee on Technical Aids, Housing and Transportation), the task of which is to collect information on technical aids and environmental problems for the disabled and then to inform them about their findings. ICTA was set up in Sweden in 1965 and is housed in the Swedish Institute for the Handicapped. The aim of ICTA is to improve the technical information services and to make aware, both to the professional workers and to laymen, the needs of the disabled.

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

XIII. GENERAL EQUIPMENT RESOURCES

These are only a few of many suppliers. Their listing here is in no way an endorsement of companies and/or products. Another excellent resource is the yellow pages. Look under "Hospital Equipment and Supplies."

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

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

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

Manufactures special devices mostly for rehabilitation industry.

BOSTON AREA RESOURCES

PDC Inc.
127 Braintree Street
Boston, Mass. 02134
617-787-5300

Medical and rehabilitation equipment

First Medical Inc. (Alpha-Medical)
1032 Commonwealth Avenue
Boston, Mass.
617-731-2525

Medical and rehabilitation equipment

Leonard Medical Supply
775 Huntington Avenue
Boston, Mass.
617-731-8686

Medical and rehabilitation equipment
Wheelchair repair

Abbey Rents
1244 Boylston Street
Brookline, Mass.
617-731-8500

Medical and rehabilitation equipment

N&L Wheelchair Service
72 West Wyoming Avenue
Melrose, Mass.
617-665-9352

Wheelchair and medical supplies
Wheelchair repair and service

E&J Services, Inc.
744 Washington Street
Franklin, Mass. 02038
617-528-0557

Wheelchair repair and service

WORCESTER AREA

P.L. Rider Co., Inc. 127 Piedmont Street Worcester, Ma.	Hospital supplies and wheelchairs
Prosthetic Orthotic Labs of Worcester, Inc. 85 Pleasant Street Worcester, Ma.	Braces and artificial limbs

NORTH SHORE AREA

North Shore Surgical Supplies, Inc. 26 City Hall Square Lynn, Ma. 598-6922	General medical and rehabilitation equipment
Parent Surgical Inc. 170 Western Avenue Lynn, Ma. 595-3510	General medical and rehabilitation equipment

CAPE COD AREA

The Apothecary Cape Cod Medical Center Lewis Bay Road Hyannis (right in back of Cape Cod Hospital) 771-1030	Medical and rehabilitation equipment
Denmark's Rentals and Sales 369 Barlow's Landing Road Pocasset, Ma. 563-2318	Medical and rehabilitation equipment
Maloney Pharmacies Post Office Square Harwich Port, Ma. 432-2219	Medical and rehabilitation equipment
Janulaitus Hyannis, Ma. (2 days per week) 771-5050	Brace sales and repairs

BICYCLE REPAIR SHOPS

See any in your local area	Pneumatic tire tubing and rims

XIV. WHEELCHAIRS, RAMPS AND LIFTS

Since many persons using wheelchairs also drive cars, the following information is provided to assist these people in securing the necessary equipment.

Sources	Equipment Available
M.P.S. Corp. 2932 National Avenue San Diego, California 92111 (714) 234-5657	Porta-ramp for carrying a wheelchair on the back bumper or for mounting curbs and other obstacles. $198.00
J.A. Preston Corp. Allen Quick, Sales Dept. 71 5th Avenue New York, N.Y. 10003 (212) 255-8484	Manually and electrically operated wheelchairs, lifters, physical and occupational therapy equipment.
White Engineering & Manufacturing Co. P.O. Box 195 Tustin, California 92680	Lifters for transfer from wheelchair to car
Dunn Drive Controls 1582 Kenmore Avenue Buffalo, New York 14216	Manually and electrically operated wheelchairs, lifters, ramps and evaluation equipment.
G.E. Miller 484 So. Broadway Yonkers, N.Y. 10705 (914) 969-4036	Manually and electrically operated wheelchairs, lifters and rehabilitation equipment.
Ted Hoyer & Co. 222 Minnesota Street Oskosh, Wisconsin 54901	Lifters to transfer from wheelchair to car.
Automotive Conversion Corp. 2588 Industrial Row Troy, Michigan 48084 (313) 549-7070	Ramps and hydraulic lifts for loading wheelchair into car or van.
Rehabilitation Equipment, Inc. 175 East 83rd Street New York, N.Y. 10028 (212) 737-7740	Mechanical and electrical wheelchair of all types.
Everest & Jennings 1803 Potious Avenue Los Angeles, California 90025	Manually and electrically wheelchairs and lifters.

Handi-Ramps Inc. 1414 Armour Boulevard Mundelein, Illinois 60060 (312) 566-5861	Ramps for loading wheelchairs in vans.
Lance International Ltd. 1391 Blue Hills Avenue Bloomfield, Connecticut (203) 242-6281	Wheelchair lifts and customized vans for wheelchair use.
Adaptive Therapeutic Systems 36 Howe Street New Haven, Connecticut 06511	Fabricates special chairs lap-boards and pulley systems for severely handicapped persons so that they can become more self-sufficient.

XV. TYPEWRITERS

Typewriters may also be adapted to meet individual needs. The following models are available from England and the United States.

1. Telecommunications System:

   Cybernetics Research Institute
   2233 Wisconsin Avenue, S.W.
   Washington, D.C.

   Place of purchase:

   Scope Electronics Inc. (see above address)

2. Possum Controls Typewriter System

   Possum Controls Ltd. (see above address)
   Approximate cost of unit: $2940
   Specifications: 1 Flexible tube assembly, 1 Control unit, 1 Model C,
   1 Visual indicator, 1 Conversion unit, 1 Trolley,
   1 Typewriter, (IBM Model 385).

Locally the following Office Supply Agencies will supply reconditioned typewriters– at cost– and/or adapt your model.

1. IBM Office Products Division
   One Gateway Center Plaza
   Newton Corner, Mass.
   969-0258

They will supply office sized typewriters at cost trade in value. They will also add a keyboard guide, paper roll holder and cutter, and arm rest at a nominal cost.

2. Underwood-Olivetti Service Department
   Cambridge, Mass.
   266-4976

They will make and install a keyboard guard on any Underwood or Olivetti machine.

XVI. TELEPHONE EQUIPMENT

The Telephone Company offers a number of adaptive devices for the physically handicapped, blind, and deaf individuals. Such things as a speaker phone, card dialer or head set may enable the individual to use the phone independently. The Telephone Company will send a staff member to evaluate the problems and suggest equipment.

The Telephone Company is not allowed to sell any of this equipment. Therefore, a monthly rental fee is added to the regular phone charges.

Anyone interested in this equipment should contact the nearest telephone business office.

New England Telephone Publications

1. "Services for Special Needs"

   This booklet gives information about some of the equipment that is available.

   Write: New England Telephone
   Public Relation Supervisor
   99 High Street Room 406
   Boston, Massachusetts

   Call: 743-3294

Other Sources of Telephone Equipment

1. Radio Shack (speaker phones)
2. Sparr Telephone Arm Co.
   R.D. No. 1 – Box 439
   Stroudsburg, Pennsylvania 18360
3. Fred Sammons
   Box 32
   Brookfield, Illinois 605013

XVII. ENVIRONMENTAL CONTROL SYSTEMS

Environmental Control Systems are devices to assist the severely physically handicapped maintain some degree of "environmental control." They are generally remote control devices which assist you in turning on lights, using typewriters and telephones, operating bed controls and any other closed circuit systems in your work or home environment. The power sources are generated by either mouth, shoulder or eye control monitors. The following pieces of equipment are available.

1. Veterans Administration Prosthetic Center System:
   Available from:
   R. & D. Engineering
   P.O. Box 3584
   Los Amigos Station
   Downey, California 90242

Approximate initial cost:	$ 600
Auxiliary bed control for use on Simmons Electric Bed	125
Patient Alarm Device	125
General Electric Hospital Television with remote control unit, Model CBR289LWD	265
Model EBT – Television, remote controlled or pneumatic controlled	125
Power supply of EBT TV	10

   Television obtainable from:
   Bunting Sterisystems, Inc.
   46 Beatrice Street
   Bridgeport, Connecticut

2. English Model Environmental System
   Available from:
   Possum Controls, Ltd.
   63 Manderville Road
   Aylesburg, (Beecks), England
   Approximate Cost: $1970
   Specifications: 1 PSU, 1 indicator unit, 1 bell and buzzer unit, 1 mouth tube holder, 1 interface box, 2 relays, 1 intercom

3. Voice Command Environmental Control Unit
   Available from:
   Scope Electronics, Inc.
   1860 Michael Faraday Drive
   Reston, Virginia 22090

XVIII. SUBSCRIPTION PUBLICATIONS

Some of the following journals and magazines may be of interest to you. They contain articles about legislative concerns, housing, education, employment and general interest topics. They also provide a good resource for new equipment ideas. Some of the publications are free and some have yearly subscription rates.

1. *MAP Newsletter*
   P.O. Box 48
   Bedford, Massachusetts
   Subscription rate: $2 or by membership

2. *Rehabilitation Gazette*

   4502 Maryland Avenue
   St. Louis, Missouri 63108
   Subscription rates: $2 for disabled persons, $4 for non-disabled persons – annual

3. *Paraplegia News*

   935 Coastline Drive
   Seal Beach, California 90740
   Subscription rate: $3.50 – monthly

4; *Accent on Living*

   P.O. Box 726
   Bloomington, Illinois 61701
   Subscription rate: $2.50 – quarterly

5. *Rehabilitation Literature*

   National Easter Seal Society
   2023 W. Ogden Avenue
   Chicago, Illinois 60612
   Subscription rate: $10.00 – monthly

6. *Performance*

   President's Committee on the Employment of the Handicapped
   Washington, D.C. 20210
   Subscription rate: free – quarterly

7. *The Squeaky Wheel*

   Monthly Newsletter of the National Paraplegia Foundation
   333 North Michigan Avenue
   Chicago, Illinois 60601
   Subscription rate: free with membership or by subscription – monthly

8. *Achievement*

   925 N.E. 122
   North Miami, Florida 33161
   Subscription rate: $1 per year – monthly

9. *American Journal of Physical Medicine*

   Williams and Wilkins and Company
   428 East Preston Street
   Baltimore, Maryland 21202
   Subscription rate: $12.00 – bi-monthly

10. *Handy-Cap Horizons*

    3250 East Loretta Drive
    Indianapolis, Indiana 46227
    Subscription rate: $2.00 – quarterly

11. *International Rehabilitation Review*

    219 East 44th Street
    New York, New York 10017
    Subscription rate: Subscription included with membership. Quarterly, Editions in English, Japanese, Spanish and French

12. *Journal of Rehabilitation*

    1522 K Street, N.W.
    Washington, D.C. 20005
    Subscription rate: $5.00 – bi-monthly

13. *National Association of the Physically Handicapped, Inc., Newsletter*

    76 Elm Street
    London, Ohio 43140
    Subscription rate: $1.00 per year or free with membership – quarterly

14. *National Hookup*

    0536 Mason Street
    Riverside, California 92503
    Subscription rate: $1.50 – monthly

15; *National Star Newsletter*

    6219 Naper Avenue
    Chicago, Illinois 60631
    Subscription rate: $1.50 – bi-monthly

16. *The Spokesman*

    Western Disabled Alliance, Inc.
    Box 444
    San Lorenzo, California 94580
    Subscription rate: $1.00 – quarterly

17. *Social and Rehabilitation Record*

    Government Printing Office
    Superintendent of Documents
    Washington, D.C. 20402
    Subscription rate: $6.40 – monthly

18. *The Advocate*

    Newsletter published by the Boston University Committee for Handicapped Students
    George Sherman Union, Room 411
    755 Commonwealth Avenue
    Boston, Massachusetts

XIX. RESOURCE PUBLICATIONS

The following publications are generally designed to provide an overview of some of the special problems encountered by the person with a spinal cord injury. They contain general information about such topics as skin care, diet, bowel and bladder care, sexual function, Activities of Daily Living, expectations, general rehabilitation and a mention of the various organizations which provide assistance to those disabled by spinal cord injuries.

1. *Handbook of Care for Paraplegic and Quadriplegic Individuals*

   by Judith Kreznel, R.N., and Lois Roher, R.N.
   Published by the National Paraplegia Foundation
   33 North Michigan Avenue
   Chicago, Illinois
   Single copies: $1.00

2. *The Realities of Spinal Cord Injury*

   Sacred Heart Rehabilitation Hospital
   1545 South Layton Boulevard
   Milwaukee, Wisconsin 53215
   Free, on request.

3. *Primer for Paraplegics and Quadriplegics*

   The Institute of Rehabilitation Medicine
   New York University Medical Center
   400 East 34th Street
   New York, New York 10016
   Free, on request.

4. *National Paraplegia Foundation Bibliography*

   National Paraplegia Foundation
   333 North Michigan Avenue, Chicago, Illinois 60601

   The NPF publishes a yearly bibliography of basic paraplegia publications. Many of the articles are technical in nature, but an equal number would be of interest to a cross section of those concerned with spinal cord injuries.

5. *Spinal Cord Injury Handbook*

   Rancho Los Amigos Hospital
   7601 East Imperial Highway
   Downey, California 90242

6. *Spinal Cord Injury – Hope Through Research* – 20 cents
   What You Should Know About Paraplegia – 25 cents

   Superintendent of Documents
   United States Government Printing Office
   Washington, D.C. 20402

7. *Paraplegia, The Man and the Problem*

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

8. *A Source Book/Rehabilitating the Person with Spinal Cord Injury* – 75 cents

   Superintendent of Documents
   U.S. Government Printing Office
   Washington, D.C. 20402

9. *Activities of Daily Living* – $1.00

   by Edity Buchwald Lawton
   Institute of Rehabilitation Medicine
   400 East 34th Street
   New York, New York 10016

10. *A Bladder and Bowel Training Program for Patients with Spinal Cord Injury*

    Institute of Rehabilitation Medicine
    400 East 34th Street
    New York, New York 10016

11. *Manual for Training the Disabled Homemaker* – $1.00

    Institute of Rehabilitation Medicine
    400 East 34th Street
    New York, New York 10016

12. *Aids to Independent Living*

    by Lowman and Klinger
    Institute of Rehabilitation Medicine
    400 East 34th Street
    New York, New York 10016

13. *Designing for the Handicapped*

    by Goldsmith
    Royal Institute of British Architects
    66 Portland Place
    London W1, England

14. *Your Massachusetts Government*

    by Elwyn E. Mariner
    Mariner Books
    Box 22
    Arlington Heights, Massachusetts

15. *Physical Management for the Quadriplegic Patient*

    Jack R. Ford and Bridget Duckworth
    F.A. Davis Company
    Philadelphia, Pennsylvania

XX. BOOKS OF GENERAL INTEREST

The following books may be of special interest to you. Many of them are autobiographical in nature and involve the author's perception of his handicap and his unique adjustment process. Others are novels based on experiences with disabled persons.

1. *A Caste of Heroes* by Lona B. Kennery

   Published by Dodd Mead and Company, New York, 1966

   Available for $2.50 from the National Paraplegia Foundation.

   This book is the story of a group of young men in a paraplegic ward of a large Veterans Administration Hospital.

2. *A World to Care For*

   The Autobiography of Howard A. Rusk, M.D., Random House Publishing House, New York, 1972, $7.95

   This is Dr. Rusk's account of how he made rehabilitation an accepted and fundamental aspect of medicine as he developed the Institute of Rehabilitation Medicine (Rusk Institute) in New York City.

3. *The Brave World of Hilary Pole* by Dorothy Clark Wilson

   McGraw Hill Book Company, New York, 1972, $5.95

   This is the story of Hilary Pole, severely disabled, who with the assistance of the environment control system-POSSUM began a new period of re-communication with her world.

4. *Take My Hands* by Dorothy Clark Wilson

   McGraw Hill Book Company, New York, 1963

   This is the story of an Indian woman doctor who suffered a spinal cord injury in an automobile accident and subsequently became hand surgeon and rehabilitation specialist.

5. *Physical Disabilities. A Psychological Approach* by Beatrice Wright

   Harper and Row Publishers, New York, New York, 1960, $17.00

   This is a somewhat technical book, but conveys significant information about the adjustment to a physical handicap.

6. *It's Great To Be Alive* by Roy Campanella

7. *A Laughter In The Lonely Night* by Henry Viscardi, Jr.

   Paul Erickson, Inc., New York, 1961

8. *A Long Way Up: The Story of Jill Kinmont*

   Harper and Row, Inc., New York, New York, 1966

9. *A Special Way of Victory: A Courageous Woman Overcomes the Handicaps of Cerebral Palsy* by Dorothea Waitzmann
John Knox Press, Richmond, Virginia, 1964

10. *Farewell to Fear* by Toni Keitlen
Bernard Geis, Inc., New York, 1960

11. *Give Us the Tools: A History of Abilities, Inc.* by Henry Viscardi, Jr.
Paul Erickson, Inc., New York, 1959

12. *Seeing Eye Wife* by Virginia Moore
Chilton Co., Philadelphia, Pa., 1960

13. *They Wouldn't Quit: Stories of Handicapped People* by Ravina Gelfand and Letha Patterson
Lerner Publications, Minneapolis, Minnesota, 1962

14. *Your Handicap–Don't Let It Handicap You* by Sarah Splaver
Julian Messner, New York, 1967

XXI. ACCESSIBILITY AND TRAVEL

If you are not already actively getting out into your own community, or taking trips and vacations, hopefully this section will make you aware of at least some of the possibilities. And if you already are, maybe it can expand your resources.

Accessibility

The Easter Seal Society has published several booklets which describe the accessibility of various public and private buildings, churches, restaurants, hotels, recreational facilities, and theatres in various cities of Massachusetts. Booklets may be obtained as follows:

1. "Wheeling Through Boston"
2. "Access to Cambridge"

Easter Seal Society
14 Somerset Street
Boston, Massachusetts 02108
Tel: 227-9605

or

3. "Wheeling Through Springfield"
4. "Wheeling Through Worcester"

Easter Seal Society
30 Highland Street
Worcester, Massachusetts 01608
Tel: 757-2891

In addition, booklets for other cities and foreign countries are available from:

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

Travel

Several agencies provide travel arrangements and tours for persons concerned with accessibility for wheelchairs. Generally, these agencies advertise in many of the monthly publications, and further information may be obtained by writing for descriptive brochures. Listed below are four sources of travel information:

1. Travel Information Service
   Moss Rehabilitation Hospital
   12th Street and Tabor Road
   Philadelphia, PA 19141
2. The Wheelchair Traveler
   Ball Hill Road
   Milford, NH 03055
   – includes a listing with mailing addresses of publications in cities throughout the U.S. on accessibility of buildings, etc.
3. Flying Wheels
   Box 382
   Owatonna, Minn. 55060

4. Rambling Tours
   P.O. Box 1304
   Hallandale, FL 33009
5. Handy-Cap Horizons
   3250 East Loretta Drive
   Indianapolis, Indiana 46227

Holiday Inn Directory is available at any Holiday Inn and denotes by use of the international accessibility symbol those which have been made accessible, e.g. have rooms with side bathroom doors, bathroom bars, ramp to the front door, etc.

National Park Guide for the Handicapped – write Supervisor of Documents, Government Printing Office, Washington, D.C. 20402 – 40¢.

Air Travel

Air travel is possible for persons in wheelchairs. It is best to check with each individual airline as regards their policies and procedures for air travel in a wheelchair as these may vary slightly and may be subject to legislative changes. In general, the airlines do prefer advance notification that you will be traveling in a wheelchair.

XXII. SPORTS AND RECREATION

The following is a summary of some of the specific recreation programs available in Massachusetts as well as some sources of general information on sports and recreation for the handicapped.

A. Bowling

Several ten pin bowling alleys in the state are wheelchair accessible and welcome handicapped bowlers.

1. **Holiday Lanes**, VFW Parkway, West Roxbury. Has a ramp to lane area and some bowling chutes. Bathrooms are moderately barrier-free.
2. **Lincoln Lanes**, Lincoln Plaza, Worcester. Fully accessible. Bowlers bring own chutes if needed.

   These alleys are used for league games by the Garden City Activity Center and the Worcester Wheelers respectively. The contact for the Worcester Wheelers is Rob Heist, 47 Jeffrey Road, Wayland at 358-2636.

   There are several kinds of bowling chutes which can be built. Construction plans are available from: United Cerebral Palsy Association, East 66th Street, New York, NY and from the Garden City Activity Center, 295 California Street, Newton, MA 02158.

B. Swimming

A number of swimming programs exist which can be joined quite easily:

1. **Easter Seal Society** sponsors swim programs for physically handicapped adults and children throughout the state: Danvers, Dorchester, and Worcester to name a few. The pools are staffed by volunteers. For more information contact:

   Regional Director
   Easter Seal Society
   14 Somerset Street
   Boston, Massachusetts

   or

   30 Highland Street
   Worcester, Massachusetts

2. **Bedford V.A. Swimming Pool**
   200 Springs Road
   Bedford, Massachusetts

3. **Newton Recreation Department** offers weekly free swimming at the Newton North High School pool. Easter Seal volunteers staff the pool, and interested swimmers living outside Newton need only become members of the Garden City Activity Center to also join this swim program. Further information is available from the Recreation Department at: 969-3171.

4. **Boston Parks and Recreation Department** has offered swimming in an MDC operated indoor pool in West Roxbury. Much of their scheduling is based on demand for *swimming* and other *athletic* programs for handicapped persons. Contact:

   Boston Parks and Recreation
   Boston City Hall, Room 802
   Boston, Massachusetts 02201 (722-4100 X135 or 136)

C. **Archery**

Necessary equipment can be purchased through:

Dunmark Manufacturing Co., Ltd.
P.O. Box 268
543 Timothy St.
Newmarket, Ontario
Canada
Tel. (416) 895-1258

This is the only firm in the world where lightweight adult bows for the handicapped are available. Specify this on your order.

56″ fiberglass, 2 x #40 Bow	
weight 14 lbs.	$6.00
weight 16 lbs.	$6.00
weight 18 lbs.	$6.00

Archery is taught by Mr. Ed McCormack of the West Roxbury Veterans Administration Hospital. (323-7700)

D. **Garden City Activity Center**

295 California Street
Newton, Massachusetts 02158 (965-3389)

The Garden City Activity Center is a free community agency under the auspices of United Cerebral Palsy of Metropolitan Boston, providing social services and recreation, education and therapeutic programs for physically handicapped teens and adults. The center has an active bowling league which meets twice a month at the Holiday Lanes in West Roxbury, and has a full-size gymnasium for those interested in wheelchair sports and mat activities. A chess club is in need of organization by enthusiastic chess players and people with any other interests are welcome to form clubs.

Other recreational activities are also planned regularly: Arts and Crafts workshops; cookouts, square dances, and trips to local places of interest (museums, shopping centers, court, sporting events, etc.). An arrangement with the Newton Recreation Department and the Easter Seal Society allows center members to participate free in a Sunday evening swim program, held at the Newton North High School.

The Center is open 5 days a week, at varying hours each day, for both scheduled programs and drop-in visitors. A monthly newsletter is also distributed, and anyone can request to be on the mailing list and apply for membership. Call the Center Director at: 965-3389 for more information.

E. Camping and Outdoor Recreation

1. Local Adult Camps

Warren Center – Ashland, Mass. available to small handicapped groups on request and to adults for a scheduled period. Contact the Boston Easter Seal Office (227-9605) for information.

Camp Sea Haven – in Newburyport/Plum Island is operated by Cerebral Palsy of Greater Boston. Has summer periods for adults with C.P. Contact Program Director of C.P. of Greater Boston, 30 Wesley Street, Newton (969-3214)

2. General Information

National Park Guide for the Handicapped by the National Park Service, U.S. Dept. of the Interior, (Stock Number 2405-0286) is a well-executed guide which can be ordered from:

Government Book Store
JFK Federal Building G-25
Government Center
Boston, Massachusetts 02203
Telephone: 223-6071

The Easter Seal Directory of Resident Camps for Persons with Special Needs lists camps for children and adults. A number of camps in Massachusetts are listed in addition to those in other states. It can be ordered ($1.00) from:

National Easter Seal Society for Crippled Children and Adults
2023 West Ogden Avenue
Chicago, Illinois 60612

Committee on Recreation and Leisure – The President's Committee on Employment of the Handicapped, Washington, D.C. 20210. Ask to be put on newsletter mailing list. Free.

One Armed Fishing – Get brochure on Handi-Gear from the Garcia Corp., 329 Alfred Ave., Teaneck, New Jersey 07666. "Fishing as Therapy" by Norton Sanders in August 1973 issue of *Outdoor Life*. Advice to the one-armed fisherman. Write: 701 Westgate, University City, Missouri 63130.

F. Basketball

For information regarding local basketball teams and playing schedules contact:

Mr. Don Riel, Manager
Bay State Wheelers
17 Janet Circle
Shrewsbury, Massachusetts 01545
Telephone: 842-5961

Also:

National Wheelchair Basketball Association
Rehabilitation-Education Center
Oak Street and Stadium Drive
University of Illinois, Champaign, Illinois 61820

Boston MUSTANGS – (a member of National Wheelchair Basketball Association) For information contact:

Armand Thiboutot
14 Elder Road
Needham, Massachusetts

G. Bay State Wheelchair Games, Inc.

An annual tournament for handicapped athletic enthusiasts has been held in Massachusetts since 1968. The games are entered by over 100 competitors, both in-state and out-of-state residents, and comprises a whole weekend of indoor and outdoor sporting events. Regulations are those of the National Wheelchair Athletic Association, 40-24 62nd Street, Woodside, New York 11377.

Write: Bay State Wheelchair Games
P.O. Box 931
Worcester, Massachusetts

XXIII. USEFUL ORDER BLANKS

If you have not been in touch with MAP, The National Paraplegia Foundation or the Child Advocacy Project, you have missed three key resources. You might want to fill our some of the order blanks listed below.

A. The Child Advocacy Project
14 Somerset Street
Boston, Massachusetts 02108

Please send me one copy of the *Rights Handbook for Physically Handicapped Children.* (Much of the information is applicable to physically handicapped adults.)

Name: _____

Address: _____

_____

B. National Paraplegia Foundation
333 N. Michigan Avenue
Chicago, Illinois 60601

You can join NPF and accomplish two things: provide financial support for NPF and strengthen NPF's voice by adding numbers. The more people we represent directly, the more influence we will have. You may use this form.

☐ Participating	$ 3.00	
☐ Contributing	$ 5.00	Century Club members
☐ Supporting	$ 10.00	may choose a modest gift–
☐ Patron	$ 50.00	tie clip, key chain, or
☐ Century Club	$100.00 (or more)	money clip.

☐ Check here to receive publications list. ☐ *"Squeaky Wheel"*

☐ *"How To Get Help If You Are Paralyzed"*

Name _____

Address _____

City and State _____ Zip _____

(Chapter members only) I am a member of the _____ Chapter of NPF. 25% of my dues should be refunded to this chapter.

C. MAP Membership Form

Complete form (print or type) and mail with check to: Mrs. Cynthia Riel, 17 Janet Circle, Shrewsbury, MA 01545.

(Check where applicable)

Send me information on MAP ☐; I enclose $3 for membership dues (includes MAP newsletter) ☐; $3 for National Paraplegia Foundation dues (includes NPF newsletter *"Squeaky Wheel"*) ☐; $10 for Donor Membership ☐; $25 for Honorary Membership ☐; $2 for MAP newsletter subscription only ☐.

(Make checks payable to Massachusetts Association of Paraplegics, Inc., or MAP, Inc.)

Name _____ Telephone _____

Address _____

City _____ State _____ Zip Code _____

(Check where applicable)

I am a paraplegic ☐, quadriplegic ☐, able-bodied ☐, other_____. I wish to join the following MAP chapter: Boston ☐, Cape Cod ☐, Worcester ☐, Springfield ☐, South Eastern ☐.

Film Rental:

"Beating the Averages" - date needed _____	$10.00 ☐
MAP Annual Report	1.50 ☐
MAP Brochure	.10 ☐
"Spinal Cord Injury"	4.75 ☐
"Housing Needs of the Handicapped"	1.00 ☐

D. Accent on Living

Please enter my subscription to *Accent on Living*

☐ 1 year $2.50 ☐ 2 years $4.25 ☐ 3 years $6.00

☐ Payment enclosed ☐ New subscription

☐ Bill me later ☐ Old subscription

Name _____

Address _____

City _____ State _____ Zip _____

Accent on Living Magazine
P.O. Box 726
Bloomington, Illinois 61701