

NIDRR Projects

## Research in the New Millennium

**Aging with Spinal Cord Injury (SCI)** *Los Amigos Research and Education Institute, Inc. (LAREI)* (H133B70011) led by Bryan J. Kemp, PhD and Robert L. Waters, MD. Margaret Campbell, PhD, Project Officer.

Abstract: The Rehabilitation Research and Training Center on Aging with Spinal Cord Injury (SCI) is devoted to understanding the unique problems people with spinal cord injury experience as they age. Topics of research include: the natural course of aging with SCI, cardiovascular disease (CVD) and risk factors of CVD, pulmonary aspects of aging with SCI, bone loss, functional changes associated with age and duration of SCI, maintaining employment, treatment of depression, and informal and formal care systems for people aging with SCI.

Find out more at: <http://www.agingwithsci.org>

**Rehabilitation Research and Training Center on Aging with a Disability**, *Los Amigos Research and Education Institute, Inc. (LAREI)* (H133B980024) led by Bryan J. Kemp, PhD. Margaret Campbell, PhD, Project Officer.

Abstract: This project assists people who are aging with a disability by conducting a series of research studies using a database of over 1,000 people who represent a variety of disabilities (for example, cerebral palsy, rheumatoid arthritis, stroke, spinal cord injury, polio). Research projects include: (1) the natural course of aging with a disability, (2) assisting family caregivers of people aging with a disability, (3) improving community integration and adjustment, (4) preventing secondary complications such as diabetes and thyroid disorders, (5) improving bone density through a regimen of exercise and vitamins, and (6) understanding the role of assistive technology and environmental interventions in maintaining functional performance.

Find out more at: <http://www.agingwithdisability.org>

**Rehabilitation Research and Training Center on Aging with Developmental Disabilities**, *University of Illinois/Chicago* (H133B980046) led by Tamar Heller, PhD and David Braddock, PhD. Margaret Campbell, PhD, Project Officer.

Abstract: This project promotes the independence, productivity, community inclusion, full citizenship, and self-determination of older adults with mental retardation through a coordinated program of research, training, technical assistance, and dissemination activities. The research program aims to increase knowledge about the changing needs of older adults with mental retardation and their families as they age, and to increase the effectiveness of innovative approaches, public policies, and program interventions that provide needed supports and that promote the successful aging of these adults and their families. It examines how age-related changes in physical and psychological health affect the ability to function in the community, including home, work, and leisure settings. The research program also identifies best practices and current public policies that support these adults and their families.

Find out more at: <http://www.uic.edu/orgs/rrtcamr>

**Rehabilitation Engineering Research Center on Assistive Technology for Older Persons with Disabilities**, *State University of New York (SUNY) at Buffalo* (H133E60006) led by William C. Mann, PhD. Margaret Campbell, PhD, Project Officer.

Abstract: Activities of the RERC focus on research, assistive device development, education, and information relating to assistive technology for older people in the home and beyond the home. The projects of the RERC fall into four major areas: research, device development, education, and information.

Find out more at: <http://cat.buffalo.edu/rerca.htm>

**Aging and Adjustment After Spinal Cord Injury: A Twenty-Five-Year Longitudinal Study**, *Shepherd Center, Inc.* (H133G70111) led by J. Stuart Krause, PhD.

Abstract: People are now living longer after spinal cord injury (SCI), yet only limited research has addressed issues of aging and life adjustment after SCI. The purpose of this study is to implement the fifth stage of data collection to a 25-year longitudinal study that has traced the course of life adjustment after SCI over the past two decades. Find out more at: <http://www.shepherd.org/shepherdhomepage.nsf/Pages/EducationCrawford?OpenDocument>

**Effectiveness of a System that Includes Computer-Based Monitoring in Promoting Care Among Older Persons with Physical Disabilities**, *State University of New York (SUNY) at Buffalo* (H133G990086) led by William C. Mann, OTR, PhD.

Abstract: This study determines the effectiveness of using a computer-based system of services between live-alone older people with physical disabilities and health care professionals. The system, which includes Internet-based communication (including audio and video), is used to: (1) monitor daily self-care needs, (2) identify the

need for a home health care visit, (3) suggest self-administered interventions, and (4) provide information and training to enhance daily functional performance. Secondly, the study determines: (1) the costs associated with placement of computer technology and Internet capacity in the homes of frail elders and instruction in the self-care monitoring program, (2) the reliability of self-report functional assessment using computer technology in comparison to in-home observation of self-care performance, and (3) the acceptability of computer monitoring and utilization of intervention components. Find out more at: <http://cat.buffalo.edu>

**RehabWire** for May 2001 highlights Older Americans Month. The number of Americans over 65 has increased 11 times what it was in 1900. Projections put the number over 70 million by 2030. Americans with Disabilities make up more than half of the current older population.

AARP is the nation's largest advocacy group for people over 55. They list a membership of about 33 million, according to their 1999 Annual Report. In addition to publishing, lobbying, and educational efforts, AARP administers Federally-funded programs in employment, health, and financial counseling.

## Selections from REHABDATA

It's almost summer, and that means we need a **Summer Reading List**. These are some of the newest acquisitions to the NARIC collection:

Blackwell, T.L., Krause, J.S., Winkler, T., Stiens, S.A. (2001) **Spinal cord injury desk reference: Guidelines for life care planning and case management**. Demos Medical Publishing, New York. Accession Number: R08124.

Abstract: Handbook on life care planning for persons with spinal cord injuries (SCI), written for life care planning and case management practitioners. The volume includes essential information on SCI, model life care planning guidelines, information on legislation and resources related to SCI, a sample life care plan, and sample forms for use in life care planning. Appendices provide reference materials on a wide range of topics related to SCI.

Bowling, A.C. (2001) **Alternative medicine and multiple sclerosis**. Demos Medical Publishing, New York. Accession Number: R08027.

Abstract: Book on alternative medicine therapies for symptoms of multiple sclerosis (MS), with information about treatment methods, study results, side effects, and other practical information. Also includes discussions of the placebo effect, psychoimmunology, and precautions when using complementary and alternative medicine.

Coyle, P.K., Halper, J. (2001) **Meeting the challenge of progressive multiple sclerosis**. Demos Medical Publishing, New York. Accession Number: R08121.

Abstract: Book with information for persons with progressive multiple sclerosis (MS) about management of the disease and its symptoms, and about coping with the accompanying life changes. Chapters discuss the nature of the disease, disease-modifying treatments, managing the symptoms, prevention of complications, and coping with worsening symptoms and disability. Fatigue, spasticity, pain, bladder dysfunction, bowel dysfunction, skin care, depression, and special issues for women and for men are discussed.

Freeman, L.W., Lawlis, G.F. (2001) **Mosby's complementary & alternative medicine: A research-based approach**. Harcourt Health Sciences, St Louis, MO. Accession Number: R08083.

Abstract: Textbook providing comprehensive coverage of alternative and complementary medicine. The first part of the text discusses the mind-body connection, psychoneuroimmunology, and the effects of social interactions on health. Subsequent chapters cover specific therapies. For each therapy, the text discusses its history, philosophy, mechanisms, research evidence, methods, and indications and contraindications.

Klein, S.D., Schive, K. (2001) **You will dream new dreams: Inspiring personal stories by parents of children with disabilities**. Kensington Publishing Corp., New York. Accession Number: R08134.

Abstract: Book collecting more than sixty short essays by mothers and fathers of children with a wide variety of disabilities and chronic conditions, both congenital and acquired. The parents write about their feelings and their experiences raising their children.

Maxey, L., Magnusson, J. (2001) **Rehabilitation for the postsurgical orthopedic patient**. Harcourt Health Sciences, St Louis, MO. Accession Number: R08105.

Abstract: Volume on orthopedic surgery and post-surgical physical therapy (PT). The book is intended to provide physical therapists with an understanding of orthopedic surgery, including indications and considerations for surgery and descriptions of surgical procedures. Post-surgical PT is described for specific procedures of the upper extremity, spine, and lower extremity.

Micozzi, M.S. (2001) **Fundamentals of complementary and alternative medicine, second edition**. Harcourt Health Sciences, St Louis, MO. Accession Number: R08109.

Abstract: Volume on complementary and alternative medicine, including its history, its social and cultural context, its relation to conventional medicine, and characteristics and research support of specific therapies, medical approaches, and traditional medical systems.

Schoenbrodt, L. (ed.) (2001) **Children with traumatic brain injury: A parents' guide**. Woodbine House, Bethesda, MD. Accession Number: R08140.

Abstract: Book providing information for parents on coping with the effects of traumatic brain injury (TBI) in children and adolescents. Topics covered include the nature of TBI; rehabilitation; medical problems associated with TBI; coping and adjustment by the family and the child; effects on learning, thinking, speech, and language; effects on behavior, and behavior management strategies; educational needs of children with TBI; and legal concerns. The book includes a glossary, reading list, and resource guide.

Wilkins, J. (2001) **Group activities to include students with special needs: Developing social interactive skills**. Corwin Press, Inc., Thousand Oaks, CA. Accession Number: R08142.

Abstract: Book describing numerous fun group activities for children with disabilities, including classroom games, gym and outdoor games, and ball games. The activities serve to promote social skills as well as physical and cognitive skills. Particular skills developed by each activity and the skill levels and abilities needed are identified for each activity. Activities are classified as either level 1 activities appropriate for non-verbal students who can handle one- or two-step directions with assistance, or level 2 activities appropriate for students who can handle multiple-step directions with minimal assistance.

## Did You Know...?

In 1994-95 more than half of the older population (52.5%) reported having at least one disability. One-third had at least one severe disability.



Source: *Profile of Older Americans: 2000. Administration on Aging* (<http://www.aoa.gov/aoa/stats/profile/default.htm>).