

# AAHD

American Association on Health and Disability  
110 N. Washington Street • Suite • 340-A Rockville, MD 20850

---

## PUBLICATIONS, ORGANIZATIONS, AND PROGRAMS PERTAINING TO ACCESS AND PEOPLE WITH DISABILITIES

### ACCESS--GENERAL

**Title** Guidelines: Making Health Settings & Information Accessible

**Source** Centers for Disease Control and Prevention

**Format** Webpage

**Description** This webpage supports the development of guidelines for making fitness and recreation facilities, primary health care facilities, communication, conferences, and meetings more accessible to people with disabilities. Guidelines and web links are provided on these topics, as well as on emergency preparedness and universal design.

**Contact URL** <http://www.cdc.gov/ncbddd/dh/accessibilityguides.htm>

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** Disability and Health Team  
Division of Human Development and Disability  
CDC/National Center on Birth Defects and Developmental  
Disabilities  
1600 Clifton Road  
Mail Stop E-88  
Atlanta, Georgia 30333

**Contact e-Mail**

**Contact Dept. Phone**

**Title North Carolina Office on Disability and Health (NCODH) Publications**

**Source** North Carolina Office on Disability and Health

**Format** Publications

**Description** NCODH has developed these publications regarding barriers and people with disabilities: 1) "Removing Barriers to Health Care: A Guide for Health Professionals"--this booklet helps health care providers determine how to make a medical facility physically accessible and includes specific ADA requirements, illustrations, and some tips on creating accessible environments and services, 2) "Removing Barriers: Tips and Strategies to Promote Accessible Communication"--this booklet, a quick reference guide, addresses ways to communicate and interact with people with disabilities effectively, and provides information and tips that can be incorporated at work as well as in daily community living, 3) "Removing Barriers to Health Clubs and Fitness Facilities: A Guide for Accommodating All Members, Including People with Disabilities and Older Adults"--this guide describes how to make a health club's facility and services more accessible to all people, including people with disabilities and older adults and includes illustrations demonstrating how barriers in the physical environment can be removed, and how exercise equipment and programs can be designed to create a welcoming facility, and 4) "Removing Barriers: Planning Meetings that are Accessible to all Participants"--this publication includes guidelines and strategies to help organizations make their meetings accessible and welcoming to people with disabilities.

**Contact URL**

<http://www.fpg.unc.edu/~ncodh/RemovingBarriers/removingbarrierspubs.cfm>

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** NC Office on Disability and Health  
UNC-CH, CB 8185  
Chapel Hill, NC 27599-8185

**Contact e-Mail** [odhpubs@mail.fpg.unc.edu](mailto:odhpubs@mail.fpg.unc.edu)

**Contact Dept. Phone** (919) 966-2932

## ENVIRONMENTAL BARRIERS

**Title The Access Board**

**Source** The Access Board

**Format** Independent Federal agency

**Description** Created in 1973 to ensure access to federally funded facilities, the Access Board is devoted to accessibility for people with disabilities and the provision of information on accessible design. The Board develops and maintains design criteria for the built environment, transit vehicles, electronic and information technology, and telecommunications equipment. It also provides technical assistance and training on these areas and on accessible design and enforces accessibility standards covering federally funded facilities. The Board functions as a coordinating body among Federal agencies and represents the public, especially people with disabilities. Half of its members are representatives from most of the Federal departments, and the other half is comprised of members of the public appointed by the President, a majority of whom must have a disability.

**Contact URL** <http://www.access-board.gov/about.htm>

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** United States Access Board  
1331 F Street, NW, Suite 1000  
Washington, DC 20004-1111

**Contact e-Mail** [info@access-board.gov](mailto:info@access-board.gov)

**Contact Dept. Phone** (202) 272-0080 toll free: (800) 872-2253  
(202) 272-0082 (TTY) toll free: (800) 993-2822  
(202) 272-0081 (fax)

**Title** Americans with Disabilities Act (ADA) Webpage

**Source** U.S. Department of Justice

**Format** Webpage

**Description** The Americans with Disabilities Act gives civil rights protections to people with disabilities similar to those provided to people on the basis of race, color, sex, national origin, age, and religion and guarantees equal opportunity for people with disabilities in public accommodations, employment, transportation, State and local government services, and telecommunications. The ADA webpage includes links to publications including "ADA Standards for Accessible Design," "An ADA Guide for Local Governments: Making Community Emergency Preparedness and Response Programs Accessible to People with Disabilities", "Checklist for Readily Achievable Barrier Removal", "Project Civic Access", "Tool Kit For State And Local Governments", and "An ADA Guide for Local Governments: Making Community Emergency Preparedness and

Response Programs Accessible to People with Disabilities."

**Contact URL** <http://www.usdoj.gov/crt/ada/adahom1.htm>

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** U.S. Department of Justice  
950 Pennsylvania Avenue, NW  
Civil Rights Division  
Disability Rights Section - NYA  
Washington, D.C. 20530

**Contact e-Mail**

**Contact Dept. Phone** 800-514-0301 (voice) 800-514-0383 (TDD)

**Title** The Center for Universal Design (CUD)

**Source** North Carolina State University

**Format** Center

**Description** CUD is a national information, technical assistance, and research center that evaluates, develops, and promotes accessible and universal design in housing, commercial and public facilities, outdoor environments, and products. Its mission is to improve environments and products through design innovation, research, education and design assistance. CUD publications include "Emerging Technologies for Independent Living," "Installing Trench Drains in Curbless Showers," "Stepless Entrances for Multifamily Housing," Residential Rehabilitation, Remodeling and Universal Design," "Accessible Multifamily Housing," "Center's Gold, Silver, Bronze Universal Home," "Bathroom Options for Multifamily Housing in North Carolina," "Curbless Showers: An Installation Guide," and "Universal Approach to Product Design."

**Contact URL** <http://www.design.ncsu.edu/cud/index.htm>

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** The Center for Universal Design  
College of Design  
North Carolina State University  
Campus Box 8613  
Raleigh, NC 27695-8613

**Contact e-Mail****Contact Dept. Phone** (919) 515-3082**Title** IDEA Center at Buffalo**Source** University at Buffalo**Format** Center

**Description** The IDEA Center strives to improve the design of products and environments by making them safer, more usable, and appealing to people with a wide range of abilities throughout their lives. Originally based on the ideas of accessible or "barrier free" design, its work has expanded to include the concept of universal design, or design of places and products that are usable by and desirable to a broad range of people, including people with disabilities and other often overlooked groups. IDEA provides resources and technical expertise in architecture, product design, facilities management and the social and behavioral sciences. The IDEA Center sponsors a number of discussion lists and message boards to encourage communication among those interested in the various initiatives. These projects are part of the continuous research on universal, accessible and inclusive design going on at the IDEA Center: Anthropometry of Wheeled Mobility, Diversity in Design, Home Modifications, Model Homes, RERC on Universal Design and the Built Environment, Post Occupancy Evaluation, Universal Design Education Online, Universal Cities, Universal Design Identity Project, and Visitability Initiative.

**Contact URL** <http://www.ap.buffalo.edu/idea/Home/index.asp>**Contact Name****Contact Title****Contact Dept.**

**Contact Agency** Center for Inclusive Design & Environmental Access  
378 Hayes Hall, School of Architecture & Planning  
3435 Main Street  
University at Buffalo  
Buffalo, NY 14214-3087

**Contact e-Mail****Contact Dept. Phone** (716) 829-3485 extension 329

## FINANCIAL BARRIERS

**Title** "Assessment of Strategies to Increase Oral Health Access for People with Disabilities in Wisconsin"

**Source** Write Resources, LLC

**Format** A report submitted by Write Resources, LLC on September 24, 2007 to the Wisconsin Council on Developmental Disabilities

**Description** Access to dental care has been largely inaccessible for people with disabilities enrolled in the Wisconsin Medicaid program; as statistics in the report illustrate, people on Medicaid who do not have disabilities fare better compared to people with disabilities in accessing dental care. Since 2000, the Wisconsin Medicaid program has made numerous attempts to improve the dental program and services to increase dentist participation and ease of administration. A major, comprehensive proposal has been developed jointly by the Marshfield Clinic and Wisconsin's Community Health Clinics to expand access to dental care through Medicaid. The report concludes that the Wisconsin Council on Developmental Disabilities should look very seriously at the Marshfield, Community Access Clinic proposal, which is the only comprehensive approach that targets both enhancing community access to oral healthcare and increasing the supply of dentists willing to serve people with disabilities.

**Contact URL** [http://www.wcdd.org/07stateplan/Sup\\_Mat/Microsoft%20Word%20-%20Dental%20access%20report%20for%20WCDD.pdf](http://www.wcdd.org/07stateplan/Sup_Mat/Microsoft%20Word%20-%20Dental%20access%20report%20for%20WCDD.pdf)

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency**

**Contact e-Mail**

**Contact Dept. Phone**

**Title** 2008 California Budget Crisis Health Impact on People with Disabilities

**Source** Disability Health Coalition

**Format** Report

**Description** This document, produced from information created by the California Budget Project, describes the fiscal emergency in California, which includes proposed cuts impacting the health of people with disabilities. The Governor's Proposed Budget for the Medi-Cal Program reflects a decrease of \$915.9 million (\$678.7 million General Fund) from the 2007 Budget Act level. As well, the report states that the Governor proposes to reduce payments to most Medi-Cal providers by 10 percent, eliminate dental and other benefits for Medi-Cal recipients, require eligibility for Medi-Cal services to be re-determined four times annually, stop paying Medicare Part B premiums for certain beneficiaries who are enrolled in both Medi-Cal and Medicare, n-Home Supportive Services (IHSS), implement an across-the-board 18% reduction in domestic

and related services, reduce the number of hours provided for certain non-medical domestic services, reduce state support for Regional Centers, which purchase and coordinate services for persons with developmental disabilities, and reduce support from Proposition 99 funds for the California Healthcare for Indigents Program.

**Contact URL** <http://www.kintera.org/site/c.anJALGNIGmF/b.3891193/>

**Contact Name** Phyllis Dinse

**Contact Title**

**Contact Dept.**

**Contact Agency** Disability Health Coalition  
C/O California Foundation for Independent Living Centers  
1029 J Street Suite 120  
Sacramento, CA 95814

**Contact e-Mail**

**Contact Dept. Phone** (916) 325-1690 ext. 329

## HEALTH CARE SERVICES

**Title** Access to Medical Care: Adults with Physical Disabilities

**Source** World Institute on Disability

**Format** video/DVD

**Description** This 22-minute video/DVD offers physicians, dentists, nurses, social service and support staff an introduction to crucial issues that affect the quality of care for patients with disabilities in out-patient clinical settings. Through interviews with medical providers and a diverse group of people with mobility, vision, hearing and communication impairments, this video introduces and clarifies key concepts in treating adults with physical disabilities. "Treating Adults with Physical Disabilities," the accompanying training curriculum, offers a case-based learning exercise and in-depth reference materials, providing essential knowledge for appropriate provision of care and compliance with the *Americans with Disabilities Act*.

**Contact URL** <http://www.wid.org/programs/health-access-and-long-term-services>

**Contact Name** Dr. Marsha Saxton

**Contact Title**

**Contact Dept.**

**Contact Agency** World Institute on Disability  
510 16<sup>th</sup> Street, Suite 100

---

American Association on Health & Disability  
110 N. Washington Street • Suite 340-A • Rockville, MD 20850  
301-545-6140 fax: 301-545-6144  
[www.aahd.us](http://www.aahd.us)

Oakland, CA 94612

**Contact e-Mail**

**Contact Dept. Phone** (510) 251-4349

**Title** Disability Health Access (DHA)

**Source** Disability Health Access (DHA)

**Format** Program

**Description** DHA develops solutions for health plans and systems, consumer advocacy groups, public agencies, private corporations, and health care consulting firms to address the challenges of designing a health-care system accessible to individuals with disabilities, thus meeting the needs of these consumers. DHS advises on regulatory compliance, develops and oversees implementation of internal policies and procedures, evaluates federal and state policies including state Medicaid contracts and state and federal disability legislation, helps organizations identify and create relationships with disability community-based organizations, helps organizations ensure their community events are accessible to people with disabilities and create targeted events for a variety of audiences, identifies targeted health education curricula for consumers, works with organizations to create systematic communications plans which will ensure that the organization's materials are accessible to individuals with disabilities, and provides staff disability awareness training.

**Contact URL** <http://www.disabilityhealthaccess.com/index.htm#clients>

**Contact Name** Anne Cohen, MPH

**Contact Title**  
**Contact Dept.**

**Contact Agency**

**Contact e-Mail** [Anne@disabilityhealthaccess.com](mailto:Anne@disabilityhealthaccess.com)

**Contact Dept. Phone** 415-239-9100

**Title** "Disability Healthcare Access Brief" by Silvia Yee, April, 2007

**Source** Disability Rights Education & Defense Fund

**Format** Brief

**Description** Obtaining and maintaining health insurance coverage and quality healthcare is critical for everyone in the United States, but people with disabilities face additional barriers to receiving adequate healthcare, which can include physically inaccessible healthcare provider locations, exam and diagnostic equipment that cannot be adjusted for a range of patient function, and failure to modify office policies or practices to accommodate communication and other needs of patients with various disabilities. Although federal laws, such as the Americans with Disabilities Act of 1990, as well as many state laws, prohibit discrimination on the basis of disability and apply to the offices of healthcare providers, enforcement efforts to date have failed to bring about needed systemic change in healthcare access for people for disabilities. This brief provides reported healthcare statistics, as well as stories from people with disabilities, which highlight how and why the existing healthcare system failed them, and the kinds of factors that contributed to that failure.

**Contact URL** [http://www.dredf.org/healthcare/Access\\_Brief.pdf](http://www.dredf.org/healthcare/Access_Brief.pdf)

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** Disability Rights Education & Defense Fund  
2212 Sixth Street  
Berkeley, CA 94710

**Contact e-Mail**

**Contact Dept. Phone** 800-348-4232 (v/tty)  
(510) 644-2555 (v/tty)

**Title** Health Access Project

**Source** Disability Rights Advocates (DRA)

**Format** Project

**Description** To address the numerous barriers to quality health care and insurance that people with disabilities face everyday, DRA created the Health Access Project, which works to remove access barriers through litigation, research, and public education, leading the way in protecting the right to access health care for people with disabilities. Based on research findings that led to its publication, A Call to Action, the majority of people with disabilities are receiving second-class health care from managed care organizations. DRA's Health Access Project provides this and other free publications to people with disabilities, disability advocates, and other interested individuals, including a statistical report on the status of people with disabilities in the U.S., an examination of the problems that people with disabilities encounter trying to access health care and health insurance, and a pocket guide summarizing the laws pertaining to people with disabilities.

**Contact URL** [http://www.drlegal.org/projects/health\\_access/index.php](http://www.drlegal.org/projects/health_access/index.php)

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** Disability Rights Advocates (DRA)  
2001 Center Street, Fourth Floor  
Berkeley California 94704-1204

**Contact e-Mail** [general@drlegal.org](mailto:general@drlegal.org)

**Contact Dept. Phone** (510) 665-8644

**Title** "It Takes More Than Ramps to Solve the Crisis of Healthcare for Disabled",  
September 20, 2004

**Source** Written by Judy Panko Reis; Mary Lou Breslin; Lisa I. Iezzoni, MD, MsC, Professor of Medicine, Harvard Medical School, and visiting senior scholar of Disability Health Services Research, Agency for Healthcare Research and Quality; and Kristi L. Kirschner, MD, Coleman Foundation Chair in Rehabilitation Medicine, Director of the RIC Center for the Study of Disability Ethics and medical director of the RIC Women with Disabilities Center. The project was funded by a grant of The Robert Wood Johnson Community Health Leadership Program (CHLP).

**Format** Report

**Description** This report discusses the definitions of disability, the current state of healthcare access, the difficulties that people with disabilities face in accessing healthcare, disability civil rights laws that mandate access and equity in healthcare, and the role of accreditation bodies. It states that the healthcare delivery system in the United States is not structured to provide safe and patient-centered care to people with disabilities and recommends major changes to make healthcare more accessible and equitable for people with disabilities. It offers a comprehensive look at the healthcare system and discusses the problem of inaccessible medical equipment, such as examination tables that do not lower, and scales and mammography machines that cannot be used by people in wheelchairs. This report also examines inadequate training of clinicians and clinic managers, inadequate enforcement of the Americans with Disabilities Act (ADA), and limited funds for upgrading equipment. When healthcare is compromised due to limited access, non-existent accommodations, or misinformation or open discrimination against people with disabilities, the resulting inadequate care can cause patients to become or stay ill, suffer, or die.

**Contact URL**

[http://www.tvworldwide.com/events/hhs/041206/PPT/RIC\\_whitepaperfinal82704.pdf](http://www.tvworldwide.com/events/hhs/041206/PPT/RIC_whitepaperfinal82704.pdf)

**Contact Name**  
**Contact Title**  
**Contact Dept.**

**Contact Agency**      Rehabilitation Institute of Chicago  
345 E. Superior Street  
Chicago, IL 60611

**Contact e-Mail**      [webmaster@ric.org](mailto:webmaster@ric.org)

**Contact Dept. Phone**      (312) 238-6044

**Title**    **Just Hop Up, Look Here, Read This, Listen Up, Don't Breathe & Stay Still!**  
**Access to Medical Equipment – Where are We? Presented on January 4, 2007**

**Source**      presented by June Kailes

**Format**      Web Cast

**Description**    This website provides a transcript of the Web Cast, which discusses results from data from the National Consumer Needs Assessment Survey on medical equipment; strategies for getting accessible medical equipment into health care facilities; resources for accessible equipment (exam tables, chairs, scales, mammography); how to communicate with providers about accessible equipment needs; and the Research Engineering and Rehabilitation Center's efforts in designing new medical equipment and promoting change in the medical equipment and health care industry and health care public policy.

**Contact URL**    <http://www.ilru.org/html/training/webcasts/archive/2007/01-04-JK.html>

**Contact Name**  
**Contact Title**  
**Contact Dept.**

**Contact Agency**      Independent Living Research Utilization (ILRU)  
2323 S. Shepherd, Suite 1000  
Houston, Texas 77019

**Contact e-Mail**

**Contact Dept. Phone**      (713) 520-0232 (Voice/TTY)  
(713) 520-5785 (Fax)

**Title**    **"Promoting Wellness for Individuals with Disabilities Act of 2007"**

**Source**      Senator Ted Harkin (D-IA)

**Format** Proposed Senate bill (introduced on March 29, 2007)

**Description** Senator Harkin introduced this proposed Federal legislation to: 1) establish accessibility standards for medical diagnostic equipment and 2) create wellness grants to fund health programs that focus on the unique challenges faced by people with disabilities. Medical diagnostic equipment includes equipment used in (or with) physician's offices, clinics, emergency rooms, hospitals, and other medical settings, such as examination tables, examination chairs (including chairs used for eye examinations or procedures, and dental examinations or procedures), weight scales, mammography equipment, x-ray machines, and other radiological equipment commonly used for diagnostic purposes by health professionals. It is also proposed that grants be made on a competitive basis to public and nonprofit private entities to carry out: programs for promoting good health, disease prevention, and wellness for people with disabilities and preventing secondary conditions, including programs or activities for smoking cessation, weight control, nutrition, or fitness that focus on the unique challenges faced by people with disabilities; preventive health screening programs for people with disabilities to reduce the incidence of secondary conditions; and athletic, exercise, or sports programs that provide adults and children with disabilities an opportunity to increase their physical activity in an adaptive recreational environment.

**Contact URL** [http://www.dredf.org/healthcare/Harkin\\_Wellness\\_bill\\_2007.pdf](http://www.dredf.org/healthcare/Harkin_Wellness_bill_2007.pdf)

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** Disability Rights Education & Defense Fund  
2212 Sixth Street  
Berkeley, CA 94710

**Contact e-Mail**

**Contact Dept. Phone** 800-348-4232 (v/tty)  
(510) 644-2555 (v/tty)

**Title** Rehabilitation Research and Training Center (RRTC)

**Source** Rehabilitation Research and Training Center (RRTC) funded by the National Institute on Disability and Rehabilitation Research (NIDRR)

**Format** Studies

**Description** Several research studies on barriers to health care access have been conducted by RRTC: 1) Barriers and Strategies Validation Study created a listing of barriers to routine health care access for people with disabilities and potential strategies to overcome them, based on peer-reviewed articles addressing health care barriers and

access for people with disabilities or other vulnerable populations. This list was then reviewed by disability advocates regarded as experts in health, and at least 50 people who experience disabilities. The results of this study were used as the basis of another study, 2) Health Care Access Intervention Study, which tested methods for improving routine health care access, especially for clinical preventive services, for people living with disabilities. One strategy focused on patient education and empowerment and another focused on clinics and clinic staff. Improvements in access were measured through clinician report, patient report, and medical encounter records of selected preventive services, and 3) Clinic Access Checklist Reliability Study developed a checklist to evaluate the physical and programmatic accessibility of outpatient health care clinics based on the Americans with Disabilities Act (ADA).

**Contact URL** <http://www.ohsu.edu/oidd/rrtc/>

**Contact Name** Gloria Krahn, PhD, MPH  
**Contact Title** Principal Investigator  
**Contact Dept.**

**Contact Agency** RRTC: Health and Wellness  
707 SW Gaines  
Portland, OR 97239

**Contact e-Mail** [rrtc@ohsu.edu](mailto:rrtc@ohsu.edu)

**Contact Dept. Phone** (503) 494-3534

**Title** **Tools for Decreasing Health Care Barriers: Accessible Health Care Briefs**

**Source** The Center for Disabilities and the Health Professions (CDHIP)

**Format** Briefs

**Description** The CDHIP "Accessible Health Care" series is designed to educate managed care organizations, health care professionals, community organizations, advocates, and people with disabilities and includes discussions, examples, illustrations, and resource information on how to improve access to health care services, programs, and products. Subjects include: "Tools For Decreasing Health Care Barriers", "Importance of Accessible Examination Tables", "Importance of Accessible Weight Scales", "Health Care Facilities Access", "Choosing and Negotiating an Accessible Business Location," "Barrier Removal: Improving Accessibility with Limited Resources," "Providing Information in Alternative Formats," "Accessible Web Site Design," and "Tax Incentives for Improving Accessibility."

**Contact URL** [http://cdihp.org/products.html#access\\_briefs](http://cdihp.org/products.html#access_briefs)

**Contact Name** June Isaacson Kailes, MSW

**Contact Title** Associate Director

---

American Association on Health & Disability  
110 N. Washington Street • Suite 340-A • Rockville, MD 20850  
301-545-6140 fax: 301-545-6144  
[www.aahd.us](http://www.aahd.us)

**Contact Dept.**

**Contact Agency** Center for Disabilities Issues and the Health Professions  
Western University of Health Sciences  
309 E. Second Street  
Pomona, CA 91766

**Contact e-Mail** [ahcs@westernu.edu](mailto:ahcs@westernu.edu)

**Contact Dept. Phone** (909) 469-5213  
(909) 469.5520 (TTY)  
(909) 469-5503 (fax)

## PREVENTIVE SERVICES & HEALTH PROMOTION

**Title** Active Living by Design's Physical Activity and Disabilities webpage

**Source** The Active Living by Design National Program Office is a part of the School of Public Health at The University of North Carolina at Chapel Hill and is supported by The Robert Wood Johnson Foundation

**Format** Webpage

**Description** The goal of Active Living by Design is to reduce barriers to routine physical activity and promote active living among all community members. Its Physical Activity and Disabilities webpage states that while people with disabilities represent 20 percent of the population, a large and growing part of the general population, they are often less physically active than people without a disability. Physical activity is a crucial part of a healthy lifestyle for people with disabilities, not only to promote health and prevent disease, but also to reduce secondary conditions that can result from an initial disability. Changing activities and adapting the environment can enable people with disabilities to participate in active living. This page includes links to a Physical Activity and Disabilities Fact Sheet, as well as to recommended publications and organizations on increasing accessibility to health promotion activities for people with disabilities.

**Contact URL** <http://www.activelivingbydesign.org/index.php?id=335>

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** Active Living by Design  
400 Market Street |  
Suite 205  
Chapel Hill, North Carolina 27516

**Contact e-Mail**      [info@activelivingbydesign.org](mailto:info@activelivingbydesign.org)

**Contact Dept. Phone**      919-843-ALBD (2523)  
919-843-3083 (fax)

**Title**    “Health Promotion Activities for Individuals with Disabilities,” May 2003

**Source**      Association of State and Territorial Health Officials, supported in part by a Cooperative Agreement with the National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention (CDC), Department of Health and Human Services

**Format**      Fact sheet

**Description**    This fact sheet reviews some of the major barriers to accessing health promotion services for people with disabilities and outlines actions that state public health agencies can pursue to eliminate these barriers. Barriers to health promotion activities for individuals with disabilities include: emphasis on disease-focused treatment rather than on health promotion issues for people with existing disabilities; scarcity of appropriate equipment and facilities for people with physical or other disabilities; insufficient transportation and/or support services to assist individuals in getting to health care appointments; challenges in maintaining effective communication including lack of availability of written materials in accessible formats, provision of sign language interpreters and assistive listening technology; inadequate knowledge about disability issues by some health care providers; and environmental barriers that reduce individuals' ability to participate in activities. The fact sheet recommends that states work with providers to: ensure that medical equipment and facilities are accessible, eliminate barriers to physical activity programs by working with fitness and wellness centers to increase access to facilities and implement programs targeting individuals with disabilities, and develop policies encouraging health insurers to provide transition services to ensure continuity of care in case of provider or service plan change, as well as other suggestions.

**Contact URL**    <http://www.astho.org>

**Contact Name** Manisha Singhal, MPH

**Contact Title** Policy Analyst for Maternal and Child Health

**Contact Dept.**

**Contact Agency**      Association of State and Territorial Health Officials (ASTHO)  
1275 K Street, NW, Suite 800  
Washington, DC 20005

**Contact e-Mail**      [msinghal@astho.org](mailto:msinghal@astho.org)

**Contact Dept. Phone**      (202) 371-9090  
(202) 371-9797 (fax)

**Title** Project AIMFREE (Accessibility Instruments Measuring Fitness and Recreation Environments)

**Source** The Department of Disability and Human Development at the University of Illinois at Chicago, funded by the Centers for Disease Control and Prevention

**Format** Study

**Description** Project AIMFREE, a three-year national study designed in 2002, assessed the accessibility for people with disabilities to recreation and fitness centers, including gymnasiums, parks, swimming pools, and trails. The questionnaires that were administered addressed accessibility factors (motivational and attitudinal factors), structure (building accessibility), program (accessibility of exercise classes), and equipment, as well as systemic factors (policies and procedures of fitness and recreation facilities). People with disabilities participated in focus groups held at ten sites distributed geographically across the entire United States; the focus groups helped to generate questionnaire content through identification of factors that either promote or inhibit fitness and recreation center access. It is hoped that the development and application of these measures will eventually guide efforts to increase the accessibility of fitness and recreation centers and allow greater participation of people with disabilities in health promotion and recreational activities.

**Contact URL**

[http://www.ncpad.org/yourwrites/fact\\_sheet.php?sheet=481&PHPSESSID=55bad20e75f0c7d600aee4ed3ab170ef](http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=481&PHPSESSID=55bad20e75f0c7d600aee4ed3ab170ef)

**Contact Name** Dr. James H. Rimmer

**Contact Title** Principal Investigator

**Contact Dept.**

**Contact Agency** The National Center on Physical Activity and Disability (NCPAD)  
1640 W. Roosevelt Road  
Chicago, IL 60608-6904

**Contact e-Mail** [ncpad@uic.edu](mailto:ncpad@uic.edu).

**Contact Dept. Phone** 1-800-900-8086

## WOMEN

**Title** Access to Preventive Health Care Services for Women with Disabilities

**Source** Association of State and Territorial Health Officials

**Format** Fact Sheet, May 2003

**Description** This fact sheet provides an overview of some of the major barriers to accessing preventive health care that women with disabilities face, as well as actions that state public health agencies can consider pursuing to eliminate these barriers. Barriers to accessing breast, reproductive, and mental health services are discussed. It concludes that state public health agencies have an important role in assuring access to affordable, high-quality health care services for women with disabilities. Strategies that states may consider include working with providers to ensure accessible medical equipment and facilities to make preventive and curative care available to women with disabilities; including women with disabilities in the planning, reporting, and evaluation of topics such as medical reimbursement, health service delivery, community planning, communication and transportation; targeting women with disabilities in all health promotion, preventive health and mental health outreach and programs; educating women with disabilities about the importance of preventive health services; facilitating partnerships with other state agencies, including mental health, social services, Medicaid, and transportation to coordinate efforts to increase services for women with disabilities; and working with other agencies to ensure an integrated system of accessible, coordinated, comprehensive, and culturally competent care for women with disabilities.

**Contact URL** <http://www.astho.org/pubs/WomenwithDisabilitiesFactSheet2.pdf>

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency** Association of State and Territorial Health Officials  
1275 K Street, NW, Suite 800  
Washington, DC 20005

**Contact e-Mail**

**Contact Dept. Phone** (202) 371-9090

**Title** **Breaking Down Barriers to Health Care for Women with Disabilities: A White Paper and Action Plan from a National Summit, December 2004**

**Source** This white paper was developed by the National Center for Policy Research for Women and Families for the Office on Disability, Office of the Secretary, U.S. Department of Health and Human Services

**Format** White Paper and Action Plan

**Description** On December 6, 2004, the Office on Disability and the Office on Women's Health, both part of the U.S. Department of Health and Human Services, convened a

national Summit, "Breaking Down Barriers to Health Care for Women with Disabilities," co-sponsored by the Interagency Committee on Disability Research. According to the white paper resulting from this summit, accessibility to good health care and services includes not only ramps, but also informed health care providers who are educated about the health care needs of women with disabilities and do not just focus on the disability itself. It also means equipment and facilities that are accessible to women with disabilities, as well as policies and programs that can help overcome attitudes and prejudices. The summit explored ways for health care professionals and health care facilities to overcome barriers to providing the best possible care for women with disabilities and featured promising programs for approaching the health of women with disabilities that have helped improve access and the quality of care. The summit's goal was to develop an action plan for the next few years to improve access to healthcare for women with disabilities. This white paper summarizes the conference deliberations and outlines the plan of action.

**Contact URL** <http://209.85.165.104/search?q=cache:vwr8g-urdHkJ:www.hhs.gov/od/summit/whitepaper.doc+%22barriers+to+health+care%22+%22people+with+disabilities%22&hl=en&ct=clnk&cd=23&gl=us>

**Contact Name**  
**Contact Title**  
**Contact Dept.**

**Contact Agency**

**Contact e-Mail**

**Contact Dept. Phone**

**Title** **Breast Health Access for Women with Disabilities (BHAWD)**

**Source** Breast Health Access for Women with Disabilities (BHAWD)

**Format** Community partnership

**Description** Breast Health Access for Women with Disabilities (BHAWD) is a community partnership of women with disabilities, breast cancer survivors, medical professionals and disability rights organizations, which has four primary goals: eliminate barriers that prevent women with disabilities from obtaining early cancer screening services; develop alternative techniques and protocols for clinical care; increase awareness, sensitivity, and knowledge through publications and seminars; and identify public policy issues to facilitate changes in state and national programs. BHAWD provides an accessible clinic for self-breast exam education and training, breast exams, and referral for mammograms when needed; an accessible mammography facility; educational outreach to women with disabilities and to personal assistants; and technical assistance and a health care provider training program. The training program includes a variety of training components: including mammography training especially designed for

Mammography Technologists on how to provide mammography for women with disabilities (an ASRT-credited training module); publications which include clinical protocols adapted for women with disabilities, a provider's guide on the examination and screening for women with disabilities, and a brochure on breast self-examination for women with disabilities; and a mammography accessibility assessment pilot project to assess mammography accessibility and integrate universal accessibility features into mammography facilities' services.

**Contact URL** <http://www.bhawd.org/sitefiles/index2.html>

**Contact Name** Florita Maiki

**Contact Title**

**Contact Dept.**

**Contact Agency** BHAWD c/o Alta Bates Summit Medical Center  
Herrick Campus  
Rehabilitation Services  
2001 Dwight Way, 2nd Floor  
Berkeley, CA 94704

**Contact e-Mail** [MaikiF@sutterhealth.org](mailto:MaikiF@sutterhealth.org)

**Contact Dept. Phone** (510) 204-4866  
(510) 204-4574 (TDD)  
(510) 204-5892 (FAX)

**Title** **Center for Research on Women with Disabilities (CROWD)**

**Source** Department of Physical Medicine and Rehabilitation at Baylor College of Medicine

**Format** Center

**Description** CROWD's mission is to promote, develop, and disseminate information to improve the health of women with disabilities and expand their life choices. CROWD has established the following research topics as high priorities: Sexuality and Reproductive Health, Psychosocial Health, Health Promotion, Secondary Conditions, Access to Health Care, and Violence against Women with Disabilities. Its webpage entitled "Health Care-- Access to Reproductive Health Care" states why women with disabilities are significantly less likely to receive information on contraceptive options or screening for sexually transmitted diseases than women without disabilities and why women with disabilities may be less likely to receive breast and cervical cancer screening, are diagnosed at later stages, and are more limited in treatment options compared to women without disabilities.

**Contact URL** <http://www.bcm.edu/crowd/?pmid=1334>

**Contact Name**  
**Contact Title**  
**Contact Dept.**

**Contact Agency** Center for Research on Women with Disabilities (CROWD)  
1475 West Gray, Suite 165  
Houston, TX 77019

**Contact e-Mail**

**Contact Dept. Phone** 800-44-CROWD (800-442-7693)  
local phone and fax: 713-523-0909

**Title** Massachusetts' Mammography Access Project (MAP)

**Source** The Women's Health Network (WHN) and the Massachusetts Department of Public Health's Office of Health and Disabilities (OHD)

**Format** Project

**Description** The Massachusetts Behavioral Risk Factor Surveillance System (BRFSS) for 1998-2000 states that only 46 percent of women aged 40 and older with mobility impairments had a mammogram within the past year, compared to 75 percent of women without disabilities. MAP was implemented in two pilot sites, Boston Medical Center and Faulkner Hospital. Part of the project was designing and implementing a full-day training workshop for mammography technologists entitled "Mammography for Women with Mobility Impairment." The workshop emphasized the need for "people-first" language and included hands-on positioning sessions employing patient educators with mobility impairments. A second component of the MAP has been the assessment of every licensed mammography facility in the state using the Mammography Facility Assessment for Disability Access (MFADA) checklist between May 2003 and October 2004. The checklist addresses facility access, mammography suite access, dressing room access, restroom access, program access, general administration and program operations and training, and effective communication. A third component of the project involved coordinating two focus groups involving women with mobility impairments and providers.

**Contact URL**

<http://www.aahd.us/page.php?pname=publications/newsletters/2004/fall/stateGrantee1&PHPSESSID=cb7f50a88d12e840930ffaf668978fc6>

**Contact Name**  
**Contact Title**  
**Contact Dept.**

**Contact Agency** Massachusetts Department of Public Health

250 Washington Street  
Boston, MA 02108-4619

**Contact e-Mail**

**Contact Dept. Phone** (617) 624-6000  
(617) 624-6001 (TTY)

**Title** **National Women's Health Information Center (NWHIC) "Health Care" webpage**

**Source** NWHIC is a service of the Office on Women's Health (OWH) in the US Department of Health and Human Services (HHS)

**Format** Webpage

**Description** NWHIC's "Health Care" webpage states that while women with disabilities have many of the same health concerns and needs as all women, they also might have special health concerns related to their disabilities or illnesses. People with disabilities often face barriers to receiving good overall health care, partly because some doctors have had limited experience treating patients with disabilities, both during their medical training and in their practice. Consequently, a doctor might focus on the patient's disability rather than on the health problem that brought the patient to the doctor in the first place. As well, the doctor might not know to check for health conditions that more commonly occur among people with disabilities, such as depression or pressure sores. Physical barriers may exist; many doctors do not have exam tables that can be lowered for easy access by patients in wheelchairs. As a result, the doctor may do a pelvic exam on a woman while she is seated in her wheelchair, which may cause a health problem, such as a vaginal infection, to be overlooked. The webpage provides links to pertinent publications and organizations, including [Tips for Getting the Best Possible Health Care](#).

**Contact URL** <http://www.womenshealth.gov/wwd/healthcare/?style=module>

**Contact Name**

**Contact Title**

**Contact Dept.**

**Contact Agency**

**Contact e-Mail**

**Contact Dept. Phone** 1-800-994-9662  
1-888-220-5446 (TTY)

**Title Women's Health Program**

**Source** North Carolina Office on Disability and Health (NCODH)

**Format** Program

**Description** NCODH's Women's Health Program works to promote access to breast healthcare and cancer screening for women with disabilities by: 1) assisting healthcare providers and mammography technologists to provide accessible reproductive health services for women with disabilities through training and accessibility reviews; 2) educating women with intellectual disabilities about reproductive health and breast cancer screening, using the Women Be Healthy curriculum; and 3) improving access to sexual assault and domestic violence services for women with disabilities.

**Contact URL** <http://www.fpg.unc.edu/~ncodh/WomensHealth/index.cfm>

**Contact Name** Karen Luken  
**Contact Title** Principal Investigator  
**Contact Dept.**

**Contact Agency** FPG Child Development Institute  
The University of North Carolina at Chapel Hill  
CB 8180  
Chapel Hill, NC 27599-8180

**Contact e-Mail** [kluken@email.unc.edu](mailto:kluken@email.unc.edu)

**Contact Dept. Phone**

**Title Women with Disabilities: Access to Health**

**Source** Centers for Disease Control and Prevention

**Format** Webpage

**Description** This webpage outlines requirements of The Americans with Disabilities Act to make health care facilities accessible to people with disabilities. It stresses how important it is for medical and office staff to have training on basic rules of disability etiquette and how to best communicate with and assist women with various disabilities. A few examples of basic etiquette rules are given.

**Contact URL** <http://www.cdc.gov/ncbddd/women/access.htm>

**Contact Name**  
**Contact Title**  
**Contact Dept.**

**Contact Agency**      Disability and Health Team  
Division of Human Development and Disability  
CDC/National Center on Birth Defects and Developmental  
Disabilities  
1600 Clifton Road  
Mail Stop E-88  
Atlanta, Georgia 30333

**Contact e-Mail**

**Contact Dept. Phone**      (404) 498-3060 (fax)

© 2008 American Association on Health & Disability

American Association on Health and Disability (AAHD) provides the materials and links for general information, education and disease awareness purposes only. Although every effort is made to assure that information is accurate and current, knowledge in the field of disability is changing often, and all data is subject to change without notice. AAHD makes no representations or warranties and assumes no responsibility or liability as to the accuracy, completeness, reliability or usefulness of any information contained in this document. Neither AAHD nor any parties, who supply information to AAHD, make any warranty concerning the accuracy of any information in this document.

This publication was made possible, in part, by a grant from the Department of Health and Human Services, Centers for Disease Control and Prevention (U59/CCU321860-04)