

AAHD

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

PUBLICATIONS, ORGANIZATIONS, AND PROGRAMS PERTAINING TO PROGRAM EVALUATION AND PEOPLE WITH DISABILITIES

CHILDREN WITH DISABILITIES

Title “The Impact of the ‘Stirrup Some Fun’ Therapeutic Horse Riding Program”
by Steven Elliott

Source Department of Health and Applied Human Sciences, University of North Carolina at Wilmington, Wilmington, North Carolina

Format Study

Description The purpose of this study was to investigate the perceived impact of the Stirrup Some Fun therapeutic riding program on children with mild to moderate physical and mental disabilities. Two groups of participants including five children with a variety of physical and cognitive disabilities and at least one parent of each of the five children were interviewed to explore the impact of the riding program. Qualitative data analysis procedures were used to explore participants’ views and opinions of the program. Themes arising from the interviews with the participants and their parents included enjoyment, the connection between child and animal, social relationships with volunteers, perceived physical benefits, and the social and mental benefits of the program.

Contact URL

<http://74.125.93.132/search?q=cache:sWArTDYTVo4J:www.uncwil.edu/aa/Reports/Entire%2520Conference-ON-HEALTH-RELATED-SCI-NOV708.pdf+%22stirrup+some+fun%22+%22university+of+north+carolina%22&cd=3&hl=en&ct=clnk&gl=us>

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Title "Promoting Positive Outcomes for Children with Disabilities:
Recommendations for Curriculum, Assessment, and Program Evaluation", 2007

Source The Division for Early Childhood (DEC) of the Council for Exceptional
Children

Format Report

Description This paper has been developed to serve as a companion document to the 2003 joint position statement "Early Childhood Curriculum, Assessment and Program Evaluation-Building and Effective, Accountable System in Programs for Children Birth through Age 8" of National Association for the Education of Young Children (NAEYC) and the National Association of Early Childhood Specialists in State (NAECS/SDE). This document is organized into three major sections that are consistent with the 2003 statement: Curriculum, Assessment, and Program Evaluation; each section begins with a key recommendation, followed by the rationale for the recommendation, key issues for children with disabilities, effectiveness indicators, and frequently asked questions. Examples of specific activities to support the rationale and/or indicators, as well as references are included in the appendix.

Contact URL

http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=ED499118&_ERICExtSearch_SearchType_0=no&accno=ED499118

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HEALTH PROMOTION PROGRAMS FOR PEOPLE WITH DEVELOPMENTAL OR INTELLECTUAL DISABILITIES

Title “Health Promotion Pilot Programs Evaluation: Improving Athletes' Health”, December 2005

Source Prepared by Special Olympics, the Rehabilitation Research and Training Center on Aging with Developmental Disabilities, and the Department of Disability and Human Development, University of Illinois at Chicago

Format Report

Description In 2002, Special Olympics initiated locally-based Health Promotion pilot programs for athletes that lasted several weeks; the programs' activities extended beyond the regular Special Olympics sports and training activities. Six pilot programs in the U.S. and one in Latin America were started to test different strategies aimed at improving physical fitness and lifestyle choices/habits, as well as to determine if there could be effective predictors of program success. The purpose of this report is to present quantitative and qualitative findings; although the projects overall had different approaches, many positive health and psychosocial benefits emerged across the sites. The evaluation showed successes across different domains including: improved perceived health, reduced body weight, increased self-confidence, enhanced attitudes toward physical activity, increased fiber intake, and decreased barriers. Findings also showed significant changes in upper and lower body muscle strength and endurance and aerobic fitness at a site that incorporated an 8-week structured circuit training program for athletes.

Contact URL

<http://info.specialolympics.org/Special+Olympics+Public+Website/English/Initiatives/Research/Impact/Health+Promotion+Evaluation.htm>

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Title “The Positive Contributions of Special Olympics to the Family” by Joanne Kersh, Ph.D. and Gary N. Siperstein, Ph.D., Special Olympics Global Collaborating Center, University of Massachusetts, Boston

Source Special Olympics

Format Study

Description This study explores the positive perceptions and experiences of families of youth with intellectual disabilities who are active participants in Special Olympics. The goal of the study was to explore the ways in which involvement in Special Olympics benefits both individual family members and the family system. It documents the positive impacts that Special Olympics has on the family, such as helping to shape family members' perceptions of the athlete, strengthening family relationships, and promoting social support networks. Many family members expressed very positive views of their children with intellectual disabilities, parents ascribed a range of strengths to their sons and daughters, and parents and siblings discussed at great length the ways in which Special Olympics had contributed to their positive perceptions. Parents almost unanimously agreed that Special Olympics had a positive impact on their daughters and sons in a variety of ways. The most frequently cited benefits perceived by parents were the opportunities for social engagement and development, the positive impact on self-concept, the opportunity to participate, and physical benefits.

Contact URL

http://www.specialolympics.org/uploadedFiles/LandingPage/WhatWeDo/Research_Studies_Description_Pages/Athlete%20in%20the%20family%20final%20report_10.14.08.pdf

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Title 2005 Survey of Best Buddies College Programs

Source Best Buddies

Format Program

Description This survey includes information collected from 2,063 volunteers and Buddies in 117 Best Buddies College Programs throughout the United States. In addition to satisfaction results, this summary highlights the national profiles of program participants and areas to consider to further increase program effectiveness. The survey

results from the 1994-2004 national surveys are presented side-by-side with the 2005 survey results.

Contact URL http://www.bestbuddieswisconsin.org/atf/cf/%7B8C7A0B7E-9AFD-44F6-8E38-B6657E88B795%7D/Hardman_CO.pdf

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Title **The Wellness Club: An Intervention to Promote the Health and Wellness of Adults with Developmental Disabilities Living in Supported Arrangements**

Source The University of Montana Rural Institute, along with other collaborators

Format Model Program

Description The Wellness Club, geared toward adults with developmental disabilities served in supported living arrangements, was designed to establish and maintain healthy lifestyles using behavioral methods to prevent and manage secondary conditions. The Wellness Club consisted of: general health education and materials for providers and consumers, assessment for individual treatment plan design, ways to prompt and reinforce healthy life-style behavior, self-monitoring, and evaluation measures and procedures. Researchers evaluated The Wellness Club at three levels: 1) the effectiveness of the intervention procedures in establishing and maintaining healthy behaviors specifically designed to change lifestyle, 2) the effectiveness of lifestyle changes on health status using three global measures of health, and 3) the social validity of the program through qualitative interviews with participants.

Contact URL <http://mtdh.ruralinstitute.umt.edu/WellnessClub.htm>

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HEALTH PROMOTION PROGRAMS FOR PEOPLE WITH DISABILITIES

Title Healthy Lifestyles (HL) for People with Disabilities Program

Source Oregon Institute on Disability and Development

Format Program Evaluation

Description In 2002, the Center on Community Accessibility of the Oregon Institute on Disability and Development received funding for a three-year grant called the Healthy Lifestyles Evaluation Project from the United States Department of Education's National Institute on Disability and Rehabilitation Research (NIDRR) to evaluate the effectiveness of the Healthy Lifestyles for People with Disabilities curriculum. In 2007, the Center on Community Accessibility received a two-year exploratory/development (R21) research grant from the Eunice Kennedy Shriver National Institute for Child and Human Development (NICHD) to test the performance of the HL curriculum using a community-based population of adults with intellectual and developmental disabilities. This research project, entitled "Healthy Lifestyles for People with Intellectual Disabilities" (HLID) uses a prospective case-control design consisting of an intervention and a control group. Results showed an increase in healthy behaviors three months after attending the program, compared with individuals who did not attend the program.

Contact URL <http://www.ohsu.edu/oidd/cca/oodh/docs/healthylifestylespolices.pdf>

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HEALTH PROMOTION PROGRAMS FOR PEOPLE WITH SPINAL CORD INJURIES

Title The “Shake it Up” Project

Source Conducted in collaboration with researchers from Stony Brook University, Brown University, the University of Illinois at Chicago and community organizations Shake-A-Leg Inc. and People Actively Reaching Independence (PARI) Inc. and funded by the Department of Education, National Institute on Disability and Rehabilitation Research

Format Project

Description The Shake It Up Project was a research study to promote the health of people with spinal cord injuries and related neuro-muscular disabilities. The research intervention consisted of 10 day-long sessions of healthy promotion designed and facilitated by people with disabilities and independent living workshops in the morning and physical and recreational activities in the afternoon; participants also received peer mentoring from a local Independent Living Center. Analysis indicated in a non-randomized clinical trial a statistically significant improvement in self-efficacy scores when people participated in the program compared to when people did not participate in the program.

Contact URL <http://www.uhmc.sunysb.edu/shtm/project/project.htm#c>

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INTERNET HEALTH PROMOTION PROGRAMS FOR RURAL PEOPLE WITH DISABILITIES

Title “Tele-Health Promotion for Rural People with Disabilities: Toward a Technology Assisted Peer Support Model”, September 2007

Source Research and Training Center on Disability in Rural Communities, The University of Montana Rural Institute

Format Rural Disability and Rehabilitation Research Progress Report

Description This report focuses on the Living Well with a Disability (LW) program, which was originally designed to be delivered in-person by peer-support staff of Centers for Independent Living (CILs) to groups of participants with disabilities. The LW program might be hard to access for rural people with disabilities who face travel difficulties inherent in their environment; for this population, on-site group programs are impractical or inaccessible. To overcome rural barriers, the Research and Training Center explored using the Internet to deliver the Living Well program and hypothesized that people with disabilities would be receptive to an Internet health promotion program. After consideration of various media, it was decided to deliver the program curriculum via audio-supported slide shows. Prospective participants were recruited with the help of CILs; they completed online study measures and then were free to complete the Living Well Online program at their leisure. Research and Training Center staff used the information collected to evaluate the effectiveness of the online program.

Contact URL <http://rtc.ruralinstitute.umt.edu/health/telehealth%20promotion.html>

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NUTRITIONAL HEALTH PROMOTION PROGRAMS FOR PEOPLE WITH INTELLECTUAL OR DEVELOPMENTAL DISABILITIES

Title MENU-AIDDs© Nutritional Health Promotion for Community-dwelling Adults with Intellectual or Developmental Disabilities

Source The University of Montana's Rural Institute

Format Health Promotion Program

Description The MENU-AIDDs health promotion program packages standard nutrition recommendations, such as the Dietary Guidelines for Americans and MyPyramid, to work for people with intellectual disabilities and their supporters. MENU-AIDDs consists

of two parts with optional evaluation consultation available: written materials which includes a 180-page coordinated resource on nutrition education and staff skill building, and in-person training of group home managers which addresses real world issues. MENU-AIDDs was scientifically evaluated in community group homes after 8 weeks and 6 months of use. Results showed that both overweight and underweight residents improved their weight significantly, gastrointestinal health showed significant improvements, menus and foods served in the homes improved, adequate and appropriate portion sizes were initiated, residents were satisfied with their meals, and there was an acceptable cost in staff time and dollars spent on food.

Contact URL <http://www.goodnutritionideas.com/products/menu.html>

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PROGRAM EVALUATION

Title Centers for Disease Control and Prevention (CDC) Evaluation Working Group

Source Centers for Disease Control and Prevention (CDC)

Format Working Group

Description The CDC has convened an Evaluation Working Group to develop a framework that summarizes and organizes the basic elements of program evaluation. The Evaluation Working Group focuses on developing products and services in two areas: defining and organizing the essential elements of program evaluation, and leading institutional change to promote evaluation practice at the CDC, as well as throughout the public health system.

Contact URL <http://www.cdc.gov/eval/>

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Title “Guidelines for Health Promotion Programs”

Source Rehabilitation Research and Training Center: Health & Wellness (RRTC)
of the Oregon Health & Science University

Format Guidelines

Description These guidelines, in the form of a checklist, were developed for public health professionals to use when creating health promotion programs specifically for people with disabilities. They provide best practices for community-based health promotion programs for people with disabilities and include questions on a variety of topics addressed to health promotion program implementers, including whether the program: uses well-researched theories as its basis; includes people with disabilities into the development and implementation of the entire health promotion program; reflects the beliefs, practices, and values of people with disabilities; is measured in terms of effectiveness by developing and checking specific outcomes; uses measures which are appropriate for people with disabilities and are not biased against people with function limitations; supports participants in identifying and reaching personal health goals; considers social, behavioral, environmental, and programmatic barriers that can reduce participation among people with disabilities; includes program materials that can be translated into alternate formats; provides accommodations when requested; provides reasonable participant fees; and requests feedback (in alternate formats when needed) from the participants and their families and caregivers and makes changes based on this feedback.

Contact URL <https://www.ohsu.edu/cdrc/rrtc/surveys.cfm>

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