SPINAL CORD MEDICINE

HANDBOOK FOR PATIENT AND FAMILY

Resource Guide

Frazier Rehab Institute
A service of Jewish Hospital & St. Mary's HealthCare

Frazier Rehab and
Neuroscience Center
220 Abraham Flexner Way
Louisville, Kentucky
Copyright 2007

(866) 540-7719 (Toll Free)
(502) 582-7495
www.spinalcordmedicine.com

TABLE OF CONTENTS

Chapter 1 Comprehensive Rehab
Your Spinal Cord Medicine Team
After Discharge from the Rehab Hospital
You and Your Family are Team Members

Chapter 2 Anatomy of Spinal Cord, Facts and Figures About Injury

Chapter 3 Bowel Care
The Digestive System and Bowel Function
Bowel Management Program

Chapter 4 Bladder Care
The Urinary System
Bladder Programs
Urinary Tract Infections

Chapter 5 Skin Care
Risk Factors for Skin Breakdown
Stages of Skin Breakdown
Treatment
Prevention of Skin Breakdown

Chapter 6 Medical Concerns
Autonomic Dysreflexia
Deep Vein Thrombus (DVT)
Heterotopic Ossification (HO)
Orthostatc Hypotension
Spasticity

Chapter 7 Lung Care
Normal Anatomy and Physiology
Pathology
Level of Injury and Respiratory Function
Pulmonary Hygiene
Warning Signs of Respiratory Problems

Chapter 8 Cognition, Communication and Swallow
Cognition and Communication
Swallowing
Preventing Pneumonia
Staying Hydrated
Quality of Life

Chapter 9 Nutrition
Soon After Injury
Once Medically Stable
Ideal Body Weight After Injury
Health Issues and Nutrition
A Primer on Nutrients

Chapter 10 Self Care and Activities of Daily Living
Dressing
Bathing
Toileting
Grooming and Hygiene
Feeding

Chapter 11 Mobility
Range of Motion
Pressure Relief
Transfers

Chapter 12 Equipment
Wheelchairs and Cushions
Splinting
Assistive Technology

Chapter 13 Home Modifications

Chapter 14 Psychological Care
Grief and Loss
How Families Can Help
Family Members Struggle Too
Caregivers
Depression
Substance Abuse
Brain Injury

Chapter 15 Human Sexuality
For Females
For Males
Fertility

Chapter 16 Recreation and Wellness

Chapter 17 Glossary

Chapter 18 Resource Guide

Copyright 2009

THE PATIENT AND FAMILY HANDBOOK

This Handbook is designed to give you the information to better understand spinal cord injury and the tools needed to manage your health care needs successfully. Information is intended for you and your family because, those who love you, will often be involved in assisting you with your care needs while in the hospital, and in the home environment. As you read through the Handbook, your rehab team at Frazier is available to address your questions and provide you more information pertinent to your needs.

HANDBOOK CONTRIBUTORS

Contributors to the development of the Patient and Family Handbook

Roger Butterbaugh, Ph.D.
Peggy Cox, RRT
Belinda Coyle, RN, BSN, CRRN
Jill Farmer, CTRS
Janet Gowen, RN, MSN, CRRN
Marge Hetrick, RD, LD
Krista Kinzer, DPT
Karey McDowell, MS, CTRS
Lauren Metzmeier, OTR/L
Kathy Panther, MS, CCC-SLP
Reena Sharma, OTR/L
Shelley Siebert, PT, MPT
Douglas Stevens, M.D.
David Watkins, M.D.
Shellie Weston, OTR/L
Victor Wood, RN, CRRN

A BRIEF NOTE ABOUT THE FOUNDER OF FRAZIER REHAB INSTITUTE

In her early 20's, Amelia Brown of Louisville sustained a spinal injury in a car accident in the 1940's. With no rehabilitation services in Louisville, she traveled to New York for treatment. After returning to Louisville, she married a physician, Dr. Harry Frazier. Believing Louisville needed its own rehabilitation facility, Mrs. Frazier founded the Frazier Institute of Physical Medicine and Rehabilitation in the early 1950s. Her son, Owsley Brown Frazier, served as Chairman of the Fund Raising Committee for Frazier's new building, named the Frazier Rehab and Neuroscience Center, which opened in 2006.

DISCLAIMER

The information contained herein is intended to be used in accordance with the treatment plan prescribed by your physician and with the prior approval of your physician. You should not begin using any of the methods described in this publication until you have consulted your physician. Jewish Hospital & St. Mary's HealthCare, Inc. D.B.A. Frazier Rehab Institute, its affiliates, associates, successors and assigns, as well as its trustees, officers, directors, agents and employees are not liable for any damages resulting from the use of this publication.

This Resource Guide is provided to patients and families dealing with spinal cord injury/impairment be it from trauma, disease or congenital abnormalities. It is designed to provide information about community resources that may be useful during and after in-patient hospitalization. This Guide is a good start though by no means is it complete and/or always up-to-date. Community resources, programs and funding sources change frequently thus requiring consumers to stay updated on resources available. To stay educated, it is helpful to: join a spinal cord injury association; meet others who may have similar concerns about spinal injury as you; browse the internet; read spinal cord publications; and stay involved with Frazier's Spinal Cord Medicine Program after in-patient discharge. During your inpatient admission, your case manager will help you and/or your family identify resources that may be appropriate on more of an immediate basis. See below for more information about specific resources.

INTRODUCTION – GETTING STARTED

Education. The Frazier Spinal Cord Medicine Team has found that education regarding spinal cord injury is essential for preparing individuals and families for discharge and managing future recovery needs. We invite you to take advantage of Frazier's patient, family and caregiver educational opportunities to learn more about spinal cord injury and recovery. For example:

- Attend the Spinal Cord Injury Group held at 11:00 am Mon-Fri
- Schedule Family Teaching Days with your case manager
- Attend Team and Family Meetings during in-patient admission
- Learn about Spinal Cord Injury through books, magazines, internet surfing
- Utilize the Michael Brent Spinal Cord Medicine Resource Center, 11th Floor, Frazier

About Caregivers. A primary component of the Spinal Cord Medicine Program is caregiver education and teaching. Caregivers are often involved in decision making and coordinating recovery efforts. If you need to take time off from work to participate in the Spinal Cord Medicine Program, ask your employer about signing up for the Family Medical Leave Act (FMLA). FMLA allows you to take up to 12 weeks off from work all at once or intermittently, without jeopardizing your employment.

It is very important for caregivers to take good care of themselves by eating right, getting good rest and taking time out for themselves. The caregiver role will be more prominent after discharge and we want you to be prepared for the transition to home.

Financial. Patients and family members should read the patient's insurance policy and learn the vocabulary to better understand the benefits and limitations of the policy. For example, you need to know:

- The lifetime maximum your policy will pay?
- The benefits for outpatient therapy that may be recommended by the rehab team?
- The benefits for the Durable Medical Equipment needed at discharge?

- If you have an out of pocket maximum?

If the spinal cord injury survivor is without an income, check with the employer for possible short or long-term disability coverage. Also initiate a disability application for Social Security Disability. (See Disability Income below.)

LISTING OF RESOURCES

ADVANCE DIRECTIVES, FINANCIAL PLANNING & GUARDIANSHIP

Advanced Directives. Advance Directives are documents that allow you to make decisions regarding your future medical treatment.

- **Living Will.** A Living Will tells health care professionals and your family whether or not you want life-prolonging treatment if you are in a terminal condition or a permanently unconscious state. Hospitals and doctors' offices are required by law to ask you if you have this document. Hospitals often have Living Will forms for you to complete if you have done so in the past.
- **Health Care Surrogate.** A Health Care Surrogate is a person you select to make health care decisions if you are unable. You can designate a health care surrogate within your Living Will document.

Financial Planning. The following are documents you can draft to prepare for the management of your personal affairs, financial holdings or debts and/or medical treatment decisions. You must be competent to draft these documents. To complete such documents, most consult an attorney.

- **Will.** A Will directs how you would like your personal belongings and financial holdings managed after your death.
- **Power of Attorney.** A Power of Attorney designates a person to handle your financial affairs in your absence. This document is only valid while you are competent.
- **Durable Power of Attorney**. A Durable Power of Attorney designates a person to act on your behalf at the time you become incapacitated. It allows your designated person to make personal, financial and medical treatment decisions on your behalf. If you have this document, there is no need to pursue guardianship should you become incapacitated. If you do not have a Durable Power of Attorney in place at the time you become incapacitated, a person who wishes to assist you with your affairs must pursue guardianship.

Guardianship.

Disability Court for Jefferson County 502 595-4933
514 W. Liberty St. (Old Jail Building)
Louisville, KY 40202
Filing fee/petition $47.00 ($87.00 for Emergency Guardianship)
Process (Evaluated by court appointed interdisciplinary team)
Evaluations reviewed by judge—makes decision

Time periods for hearings:

- Emergency Guardianship 48 hours to 7 days
- Guardianship 30 to 60 days

ASSISTIVE TECHNOLOGY

Assistive technology (AT) is about using technology to find new ways to do things. It includes equipment and adaptations that enable a person with a spinal cord injury or other disability to compensate for physical limitations, learning disabilities or visual problems. AT might include: a wheelchair with specialty controls or a customized drive method, ramps, driving adaptations, computer adaptations like an alternative keyboard or speech recognition software for hands free computer operation. Today, so many common activities like banking, shopping, video chats and healthcare research can be performed with a computer and the Internet. The ability to use a computer opens the door to education, employment and important sources of volunteerism and community interaction. Thus, learning to use the computer may be an important new life skill for a person with a spinal cord injury.

Frazier has developed an Assistive Technology (AT) Resource Center on the 11th floor near the Spinal Cord Medicine Clinic that provides evaluation and training in the use of: Electronic Aids to Daily Living, Wheelchair Seating and Mobility, Adapted Computer Access, Alternative and Augmentative Communication, and home and workplace modifications. A referral from a physician is needed for evaluation funded by health insurance. A referral can also be made by a vocational rehabilitation counselor and/or a worker's comp case manager.

Mary Ellen Buning, Director, Frazier AT Resource Center	502 407-3272
To schedule an evaluation appointment	502 582-7864

The Kentucky Assistive Technology Network is a statewide AT resource. The services it provides include: loan of assistive devices; low interest loans for purchasing AT; funding information and referrals; assessments and evaluations; and consultations on appropriate technologies.

KATS – Center in Louisville	www.katsnet.org	502 429-4484
		502 429-7114
		800 327-5287

Enabling Technologies, called enTECH, is also part of the KATS network and is located at Spalding University's Occupational Therapy Department. The center provides consultations, demonstrations, training and information about how microcomputer technology can assist people with disabilities.

Joy Vessels at jvessels@spalding.edu	502 585-9911
	800 896-8941

Since all states have Federally funded assistive technology projects, you can find the one in your state. Here are some nearby projects:

The Indiana Assistive Technology Project	www.patinsproject.com
The Ohio Assistive Technology Project	www.oatdlp.org
The Tennessee Assistive Technology Project	www.state.tn.us/humanserv/rehab/ttap.htm

Some additional AT resources for AT for Spinal Cord Injury include:

- Microsoft www.microsoft.com/enable
- Apple Computer www.apple.com/au/accessibility
- Ctr for AT & Environmental Access www.catea.gatech.edu/
- Jim Lubin www.makoa.org/jlubin/closeup.htm
- WheelchairNet www.wheelchairnet.org
- Wheelchair Junkie www.wheelchairjunkie.com

Assistive Technology Products

Each site has a database for assistive technology products and their manufacturers.

- ABLEDATA www.abledata.com 800 227-0216
- ENABLEMART www.enablemart.com 888 640-1999
- The Boulevard www.blvd.com 619 222-8735

CAREGIVERS – HIRING (SEE HOUSING BELOW)

DISABILITY INCOME

The Social Security Administration (SSA) manages the *Social Security Disability Insurance (SSDI)* program and the *Supplemental Security Income (SSI)* program. Both programs provide benefits to individuals/families based on disability or blindness.

Comparison of the SSDI and SSI Disability Programs

The SSDI and SSI programs share many concepts and terms, however, there are also many, very important differences in the rules affecting eligibility and benefit payments. If you are judged disabled, SSDI payment is based on your tax contributions during the years you worked. SSI does not require any tax contributions. To be eligible for SSI, you must be judged disabled and meet the household income requirement. Individuals may apply or be eligible for benefits under both programs. The following table summarizes other differences between the SSDI and SSI programs.

	SSDI	**SSI**
Source of Payments	Disability Trust Fund	General Tax Revenues
Minimum Initial Qualification Requirements	• Must meet SSA's disability criteria • Must be "insured" due to contributions made to FICA based on your own payroll	• Must meet SSA's disability criteria • Must have limited income and resources

	earnings, or those of your spouse or your parents	
Health Insurance coverage provided	**Medicare** after 2 year waiting period	**Medicaid**-eligible immediately in most states (not Indiana)
How do they figure your monthly payment amount?	Your SSDI monthly payment amount is based on the worker's lifetime average earnings covered by Social Security. They may reduce the amount of payments if you receive Workers' Compensation (including Black Lung payments) and/or public disability benefits, e.g., certain State and civil service disability benefits. Other income or resources do not affect the payment amount. The monthly payment amount is adjusted each year to account for cost-of-living changes.	To figure your payment amount, SSA starts with the Federal Benefit Rate (FBR). In 2008, the FBR is $637/month for a qualified individual and $956/month for a qualified couple. Your state supplement, if any, is added to the FBR and then your countable income is subtracted for that amount. They do not count all the income that you have. The income amount left after they make all the allowable deductions is "countable income." The FBR is adjusted each year to account for cost-of-living changes.

The SSA will consider all applicants for disability. The decision is based on the SSA opinion that the applicant will be disabled (unable to work) for greater than one year. The application process can take several months for the initial decision. Some applicants are deferred and progress is reviewed after a period of time before a decision is made. Many applicants are denied, though there is an appeal process, which is explained in the denial letter. The appeal process can take 1-2 years. Many people have found that legal assistance can speed up this process. If you are declared disabled, you will be awarded disability based on the amount of money you contributed to the Social Security tax system from your work history.

You can use the toll free numbers below to schedule a phone interview to start your application process or visit your local Social Security office to request an application. Please be sure that all of the requested information is submitted with the applications and that you follow the deadlines.

Social Security Administration www.ssa.gov 800 772-1213
TTY 800 325-0778

Local Social Security Administration Main Office 502 582-6690
601 West Broadway
Louisville, KY 40202

IN Social Security Administration Federal Building 812 948-5288
121 West Spring Street
New Albany, IN 47150

Numbers which may be helpful to complete disability application:

- Medical Records

Baptist Hospital East	502 897-8167
Clark Memorial	812 283-2275
Frazier (Jewish Hospital)	502 587-4416
Kindred Hospital	502 627-1165
Kosair Children's Hospital	502 629-8700
Norton's Hospital Audubon	502 636-7333
Norton's Hospital Downtown	502-629-8700
Norton's Hospital Suburban	502 893-1018
St. Mary's and Elizabeth	502 361-6623
Southern Indiana Rehab Hospital	812 941-6131
University of Louisville Hospital	502 562-3372

- Legal Documents (Birth, Death, Marriage & Divorce)

KY Bureau of Vital Statistics	502 564-4212
IN Bureau of Vital Statistics	317 233-2700
National Record Network	800 255-2414

- Legal Assistance

Lawyer Referral Service	502 583-1801
Legal Aid Society	502 584-1254

EARLY INTERVENTION SERVICES

Early Intervention Services provide: evaluation and development of individual family service plans; nursing and nutrition assessments; physical and occupational therapy; communication development; assistive technology; skill development services; vision and audiology services; respite care; and transportation.

Kentuckiana District, First Steps 502 459-0225
3717 Taylorsville Rd.
Louisville, KY 40220

Southern Indiana, First Steps 812 945-2353
2520 Shrader Avenue
New Albany, IN 47150

EDUCATION AND SCHOOL RE-ENTRY

Legislation, such as the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, provides all children the right to a free and appropriate education. The law says that children with disabilities must be provided the same opportunity to learn as children without disabilities. State Departments of Education provide many services including: home/hospital tutoring and the development of an individualized education plan for school entry and re-entry for children with special needs.

Copyright 2009

Kentucky Department of Education www.kde.state.ky.us 502 564-2000
Capital Plaza Tower
500 Mero Street
Frankfort, KY 40601

Division of Preschool Programs in Jefferson Co, KY 502 564-7056
Jump Start (Ages 3-4) - Jefferson County only
Head Start (Ages 4-5)

Indiana Department of Education www.doe.state.in.us 317 232-6610
Room 229 State House
Indianapolis, IN 46204

EQUAL OPPORTUNITY AGENCIES

The Rehabilitation Act of 1973 and the Americans with Disability Acts (ADA) of 1990 and 1995 prohibit discrimination on the basis of disability. The ADA addresses equal opportunity for:

Title I	Employment
Title II	Public Services
Title III	Public Accommodations
Title IV	Telecommunications
Title V	Miscellaneous

To learn more about the ADA contact:

Southeast Disability and Business www.sedbtac.org Voice/TTY 800 949-4232
Technical Assistance Center
490 10th St.
Atlanta, GA 30318

West Virginia University Voice/TDD 800 526-7234
P.O. Box 6080 800 232-8675
Morgantown, WV 26506-6080
Helps provide ideas for problems with accessibility

The President's Committee on Voice 202 376-6200
Employment of People with Disabilities TDD 202 376-6205
1331 F. Street, NW, Suite 300
Washington DC 20004-1107
Promotes employment of persons with disabilities

National Easter Seal Society 312 726-6200
230 W. Monroe, 18th Floor
Chicago, IL 60606
Promotes independence for persons with disabilities

Architectural and Transportation Barriers Compliance Board
1331 F. Street, NW, Suite 1000
Washington, DC 20004-111
Issues Accessibility guidelines for the AD
Voice/TDD 800 872- 2253

HEALTH CARE ASSISTANCE FOR CHILDREN

The following agencies may assist in funding for services, testing or equipment not covered by health insurance. Families will need to meet specified income criteria. Also see Medical Assistance in section below.

Kentucky Commission for Children with Special Health Care Needs
1405 E. Burnett
Louisville, KY 40217
502 595-4459

Indiana Children's Special Health Care Services (Floyd Co.)
824 University Woods, Suite 9
New Albany, IN 47150
812 794-3227

HOME ACCESSIBILITY

In preparing for discharge, make sure you complete and turn in the Frazier's Patient Home Accessibility Form to your therapy team. The information you provide on this form will allow your physical and occupational therapists to make recommendations for equipment or modifications needed in the home to maximize safety and independence after discharge. Your physical or occupational therapist will make the Accessibility Form available to you.

If you have steps to enter your home, you may need to make your home accessibility a priority for discharge planning. Insurance companies do not typically provide coverage for ramps. The resources below may provide some financial assistance but funds are typically limited and often there are waiting lists. You may need to have a ramp built by a private contractor. If you call the Center for Accessible Living, they can give you some names of contractors who may be available and have reasonable costs. (See Housing below.) The KATS Network may be able to assist you with locating used portable ramps or other sources of funding. (See Assistive Technology above.) The Case Management Department at Frazier has a ramp-building guide if you have family or friends skilled in construction. This Guide offers basic specifications for design and construction of a ramp. The Center for Accessible Living also has lists of area apartments that are wheelchair accessible should you need to consider alternative housing. Ramps take time to build and you should discuss with the treatment team member if one is needed.

Ramps

Center for Accessible Living www.calky.org 502 589-6620

New Directions Housing Corporation 1000 E. Liberty Street Louisville, KY 40204	www.ndhc.org	502 589-2272 888 757-8790
New Directions Housing Corporation 701 E. Spring Street, Suite 208 New Albany, IN 47150	www.ndhc.org	888 757-8790
KATS Network	www.katsnet.org	800 327-5287

Federal Tax Benefits. When building ramps or modifying your home, save your receipts. Home modifications for the disabled and some medical expenses are tax deductible. Check with your tax advisor or contact the IRS to determine your eligibility for excluded income, itemized deductions and/or tax credits.

Internal Revenue Service (IRS)	www.irs.gov	800 829-1040

HOUSING

The Center for Accessible Living in Louisville and Murray provides individuals with disabilities and their families the following services: advocacy, employment programs, housing, independent living skills, peer counseling, personal care attendant program and ramp building.

Persons with spinal cord injuries may require 24 hour supervision or assistance from a caregiver initially at discharge or indefinitely. Most medical insurance policies do not provide such coverage though some do. There are agencies that can be hired to provide caregiver services for specified rates. Some families will hire caregivers privately. If you are interested in caregiver assistance, please discuss this with your Frazier case manager.

The Personal Care Attendant Program coordinated by the Center for Accessible Living may provide some assistance in paying for caregivers though the waiting list is usually long. The Center for Accessible Living and other organizations continue to advocate for additional federal funding for the personal care attendant program. You can help by contacting your state and federal representatives to voice your concern for the need for adequate funding.

Center for Accessible Living. Louisville, KY 305 W. Broadway, Suite 200 981 South Third St. Louisville, KY 40202	www.calky.org	502 589-6620 888 813-8497 TTY: 502 589-6690
Murray, KY 1051 N. 16th Street, Suite C Murray, KY 42071		270 753-7676 888 261-6194 TTY: 270 767-0549

The Kentucky Housing Corporation provides lower-than-market-rate home mortgages; home ownership education and counseling; rental assistance; and housing rehabilitation and repair programs.

Kentucky Housing Corporation. 1231 Louisville Road Frankfort, KY 40601	www.kyhousing.org	800 633-8896

INFORMATION CENTERS – DRUG AND ALCOHOL

Alcoholics Anonymous		502 582-1849
Alcohol Abuse Hotline		800 234-0246
Crisis and Information Center	502 589-4313	800 221-0446
Narcotics Anonymous		812 948-5772
Narcotics Abuse Hotline		800 234-0420

INFORMATION CENTERS – SPINAL CORD INJURY - NATIONAL

American Spinal Association	www.asia-spinalinjury.org	404 345-9772
BME: Biomedical Engineering Resources	www.bmenet.org	
Christopher and Dana Reeve Foundation	www.christopherreeve.org	800 225-0292
National Institute on Disability and Rehab Research	www.ed.gov/about/offices/list/osers/nidrr	
National Information Center for Children and Youth With Disabilities	www.nichcy.org	800 695-0285
National Institute of Health	www.health.nih.gov	
National Rehabilitation Information Center	www.naric.com	301 562-2400 800 346-2742
National Spinal Cord Injury Association	www.spinalcord.org	301 214-4006 800 962-962
Paralysis Resource Center	www.paralysis.org	800 539-7309
Paralyzed Veterans of America	www.pva.org	800 795-4327

National Headquarters
Spinal Cord Injury Information Network: University of Alabama
www.spinalcord.uab.edu 205 934-3283

INFORMATION CENTERS – SPINAL CORD INJURY – STATE AND REGIONAL

Center for Accessible Living: Disability Resource Center
Louisville, KY www.calky.org 502 589-6620
888 813-8497 TTY 502 589-6690

Center for Accessible Living: Disability Resource Center 270 753-7676
Murry, KY www.calky.org TTD 270 767-0549
888 261-6194

Derby City Chapter, NSCIA dallgood@calky.org 502 589-6620
David Allgood, President
Louisville, KY

KY Assistive Technology Network www.katsnet.org 502 429-4484
800 327-5287

KY Dept. of Vocational Rehabilitation www.workforce.ky.gov 800 372-7172

Paralyzed Veterans of America www.pva.org 502 566-4430
Louisville, KY 40202

Paralyzed Veterans of America pvachkind@mindspring.com
Kentucky-Indiana Chapter 502 635-6539

Transit Authority of River City (Louisville and surrounding areas), Paratransit Service (transportation for individuals with disabilities) www.ridetarc.org

INTERNET ACCESS

If you do not have access to a computer with internet access, visit your local public library. The internet has massive amounts of informational materials available regarding spinal cord injury from all over the world.

Patients/families can also log onto the internet in the Michael Brent Spinal Cord Medicine Resource Center located on the 11th Floor at Frazier Downtown.

Louisville Free Public Library 502 574-1611
Main Branch
301 York St.
Louisville, KY 40203

MEDICAL ASSISTANCE

The Mission of Family Health Centers, Inc. is to provide residents of Louisville and Jefferson County access to high quality primary and preventive health care services without regard to the ability to pay. Services provided at 7 locations for Louisville and Jefferson County residents include adult and pediatric medical care, Urgent Care, preventive health services/patient education and more. The also Centers accept most health and dental insurance.

Family Health Center, Inc	www.fhclouisville.org	502 774-8631

NUTRITIONAL INFORMATION – GENERAL

American Dietetic Association	www.eatright.org	800 877-1600

PROTECTIVE SERVICES

Most commonly, victims of abuse are children under the age of 18 years, spouses or significant others, disabled adults and the elderly. There are 5 types of abuse: physical, sexual, emotional/psychological, neglect (including self-neglect), and exploitation. State law requires that all abuse, even suspected abuse, be reported. You can make an anonymous report. The Cabinet for Human Resources will not reveal the source of the referral. When reporting, provide as much information as possible regarding the situation, abuser, victim and demographics. To make a report, please call:

Kentucky

- Adult Protective Services 502 595-4803
- Child Protective Services 502 595-4550
  800 752 6200

Indiana

- Adult Protective Services 812 285-6264
- Child Protective Services 812 288 5400

PUBLICATIONS – SPINAL CORD INJURY/DISABILITY

Ability Magazine	www.abilitymagazine.com	949 854-8700
Mainstream Magazine	www.mainstream-mag.com	
New Mobility Magazine	www.newmobility.com	215 675-9133
Paraplegic News	www.pn-magazine.com	888 888-2201
Sports N' Spokes	www.sportsnspokes.com	888 888-2201
Wheelin' Sportsman	www.wheelinsportsmen.com	800 THE-NWTF

STATE ASSISTANCE PROGRAMS

The Cabinet for Health and Family Services (CHFS) is home to most of the state's human services and health care programs, including Medicaid, the Department for Public Health, and the Department for Community Based Services (DCBS). DCBS has programs for seniors, adults, children, and families. Services are administered through a network of nine service regions and offices in each of Kentucky's 120 counties. The department provides family support, child care, child/adult protection, eligibility determinations for Medicaid and food stamps, energy assistance to low-income households, and administration of an energy cost assistance program. To find an office in your county, visit the website or call the number below.

Cabinet for Health and Family Services www.chfs.ky.gov 502 595-4238
Jefferson County, KY
908 West Broadway
Louisville, KY 40203

Family and Social Service Administration (FSSA) www.in.gov/fssa 800 403-0864
Floyd County Division of Family Resources
800 East 8th Street
New Albany, IN 47150

- Services include Medicaid, Food Stamps, and Temporary Assistance to Needy Families (TANF) cash assistance.

TRANSPORTATION

KY Disabled Parking Permit www.jeffersoncountyclerk.org 502 574-5700
Obtain via County Clerk's Office Jefferson Co.
Temporary (6 months) $2.00
Permanent (6 years) $8.00
Requires physician signature and must be notarized.

KY Medicaid has cab vouchers for physician or clinic appointments
KY Medicaid Members Services 800 635-2570
Passport Health Plans (KY Medicaid Health Maintenance Organization)

- Non ambulance transport 800 485-6531
- Ambulance transport 800 296-0517

TARC 3 via TARC's Para-Transit Department www.ridetarc.org
1000 W. Broadway 502 213-3217
Louisville, KY 40203 TTY 502 213-3240

To be eligible for TARC 3, individuals must be unable to use fixed-route services due to a disability or functional limitations. TARC 3 costs under $5.00 one way.

IN Disabled Parking Permit www.in.gov/bmv/branches 812 282-1862
Obtain via License Bureau Clark Co.

Copyright 2009

Temporary (6 months) $5.00; Permanent (2 free in 4 years); Requires physician signature and must be notarized

IN Medicaid has transport service available for physician or clinic appointments
Mainstream Transport Service 812 288-1135

Wheelchair Van Transport Services
Vans with wheelchair lifts will provide transportation for specified rates

Able Care	267-1911
Greater Harvest	778-9004
Mainstream	288-1135
Wheels	561-3690
Wilkerson Transport	935-5599
Valley Medical	634-2552
Yellow Cab Minivan with ramp	214-7505

Driver's Evaluation. Frazier can provide individuals with disabilities a driver evaluation that is conducted by an occupational therapist. A physician order is typically required. Some insurance plans will cover the evaluation through OT benefit or a person may be eligible for an evaluation through the Department of Vocational Rehabilitation. Once individuals have the appropriate vehicle modifications installed on their vehicle, Frazier staff may provide appropriate driver education/training.

Frazier Rehab Center/Newburg 502 451-6886
3430 Newburg Rd.
Louisville, KY 40218

TRAVEL

Provides free travel information for those with disability.

Able to Travel www.abletotravel.org 888 211-3635
Access-Able Travel Source www.access-able.com 303 232 2979
US Dept of Transportation, Aviation Consumer Protection 800 778-4835
TTY 800 455-9880

VOCATIONAL REHABILITATION

State and Regional Offices of Vocational Rehabilitation provide: assessment and testing for determining eligibility and vocational interests; counseling and guidance; physical and mental restorative services; vocational training, placement, and job coaching; transportation (driver's

evaluation/vehicle modification); and telecommunications tools and other rehabilitation technological aids and devices.

You can call your local or state office of Vocational Rehabilitation to get information and/or to apply for services. A counselor will contact you to schedule an appointment. If you are determined eligible, the counselor will work with you to determine which programs/services are appropriate to help you meet your vocational goals. Vocational Rehabilitation counselors will sometimes meet with patients, arranged through your case manager, while at Frazier.

Kentucky Office for Vocational Rehabilitation www.ovr.ky.gov/index.htm
209 St. Clair St. 502 564-4440
Frankfort, KY 40601 800 372-7172
(TTY)

Dept. of Vocational Rehabilitation 502 595-4173
Jefferson County (KY)
600 West Cedar St
Louisville, KY 40202

Indiana Family & Social Services Administration www.in.gov/fssa/ddrs/4938.htm
Department of Vocational Rehabilitation 800 545-7763, ext. 1319
402 West Washington
PO Box 7083
Indianapolis, IN 46207

Dept. of Vocational Rehab 812 288-8261
Clark, Harrison, Floyd Counties & Scott Counties (IN) 877 228-1967
1452 Vaxter Avenue
P.O. Box 2517
Clarksville, IN 47131-2517

Return to Work for Agricultural Occupations
Ky AgrAbility provides education and technical assistance to agricultural operators and farm family members who face the challenges of a disability.

Kentucky AgrAbility www.ces.ca.uky.edu/agrability/
304 Garrigus Building 606 257-1846
University of Kentucky 800 333-2814
Lexington, KY 40546-0215

Indiana AgrAbility, Breaking New Ground Voice/TT: (800) 825-4264
ABE Building Voice/TT: (765) 494-5088
225 S. University St.
West Lafayette, IN 47907
www.cobweb.ecn.purdue.edu/~agenhtml/ABE/Exension/BNG/Resource%20Center/resourcecenter.html

AgrAbility in other states: www.agrabilityproject.org/stateprojects.cfm

Copyright 2009