

Country Roads

KARRN: Who are we?

Special points of interest:

- Travel Tips for Persons in Wheelchairs
- Kentucky AgrAbility
- Number, number and more numbers

The Kentucky Appalachian Rural Rehabilitation Network (KARRN) is a network of people with neurological conditions, (brain injury, spinal cord conditions and stroke) healthcare providers, educators, researchers and other community members committed to the health and well being of people with neurological conditions who live in the Appalachian region.



Our Goals:

Education: consumers and healthcare providers on current treatment practices and prevention strategies for preventing secondary complications. Education of the community as to the practical needs of persons with neurological conditions

Advocacy: for persons with disabilities living in rural communities.

Share information: helping connect persons with neurological conditions with community and state resources to help with their community integration.

Research: to examine new treatment strategies and educational formats for persons with neurological conditions. Our ultimate goal is to help improve the long-term health and quality of life for persons with the neurological condition as well as their caregivers.

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KARRN currently meets monthly at several locations via video conferencing and puts on 1-2 conferences a year in Appalachian Kentucky.



Spinal Cord Statistics:

1385+ - people in SC Community in KY
419 -females
979 -males
419- live in Appalachia
 KY Neurotrauma Registry 2005-2010

Spinal Cord Disease & Injury



Spinal Cord (SC) Community



You have become part of the Spinal Cord (SC) Community in Kentucky. KARRN can be a resource to help you adjust to your new life.

You will be able to access current SC news. You can talk with others not only from your local community, but across the state on a private social network and develop some close peer relationships as well. The community

also has a platform for you to read about others with SC Disease & Injury and learn from some of their successes. By becoming an active part of the SC Community, our hope is that you find an outlet and begin the process of healing and adjusting to your new life. The SC Community offers resources that may be helpful in moving forward.

The SC Community is set up in a way that you can participate at your comfort level.

KARRN's overall goal is to connect you with resources and be a support system while you adjust to the changes and provide an opportunity for you to help others.

*** This Community site will be launched in January 2012.***

KARRN Travel Tips for Persons in Wheelchairs Handouts

In 2010 a project was started that focused on examining the issue of handicap accessibility versus wheelchair accessibility. Several groups of students from the University of Kentucky Physical Therapy Program working in partnership with KARRN community partners (Bob Patterson, Joe Angel and Dr. Alexander Rabchevsky) set up to create a series of educational handouts (Travel Tips) that focused on practical questions persons in wheel chairs who are traveling. The first of the Travel Tips focuses on questions that a traveler should ask hotels, restaurants etc when they are making travel plans. Our community partners have many years of experience traveling with their wheelchairs and provide very practical information and solutions. The second Travel Tips handout examined the wheelchair accessibility of 15 of Kentucky's State parks/recreational areas. Practical questions that should be asked before traveling to any of the Sate parks/recreational areas in Kentucky have been provided as well as several solutions to common problems.

Additional Travel Tips handouts are in the works that will continue to evaluate the Kentucky recreational areas that were not covered in the first parks handout.



Life is changed, but not over.

Kentucky AgrAbility

The goal of the AgrAbility program is to promote a good quality of life for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America. For AgrAbility, "success" may be defined by maintaining employment in agriculture, access to appropriate assistive technology needed for work and daily living activities, evidence-based information related to the treatment and rehabilitation of disabling conditions, and targeted support for family caregivers of AgrAbility customers.

This year Kentucky AgrAbility has received new funding from the USDA. With this funding the program will continue to provide the services it's know for, but it is also focusing on an innovative new partnership with Cardinal Hill Rehabilitation Hospital, Kentucky State University and the Kentucky Vocational Rehabilitation. With these partners Kentucky AgrAbility will have the ability to target their services to currently underserved farmers with disabilities such as Appalachian, minority and women small farmers.

Kentucky AgrAbility is evolving to include a more focused approach to the needs of under resourced and underserved regions and populations of farmers in Kentucky. If you or someone you know is a farmer who would benefit from AgrAbility services please contact John Hancock at 257-1845 or jhancock@email.uky.edu



Get Moving KY



Stroke:

A stroke is...

Blood vessels that carry blood to the brain from the heart are called arteries. The brain needs a constant supply of blood, which carries the oxygen and nutrients it needs to function. Each artery supplies blood to specific areas of the brain. A stroke occurs when one of these arteries to the brain either is blocked or bursts. As a result, part of the brain does not get the blood it needs, so it starts to die.

National Stroke Association

Who is affected?

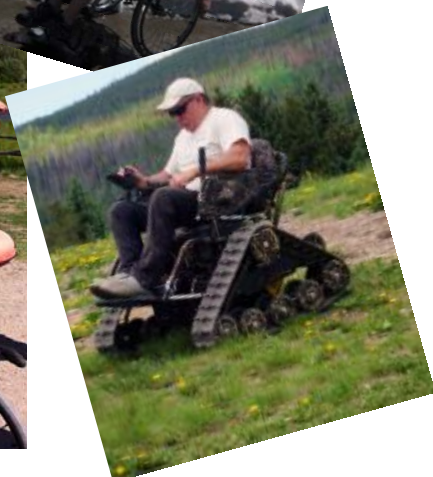
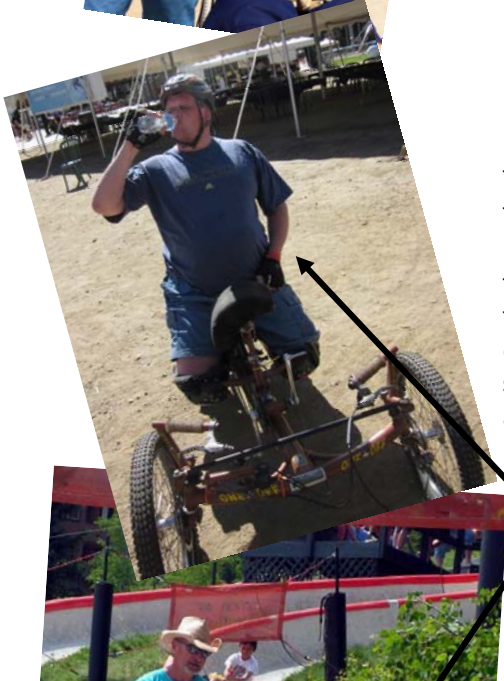
In 2010 there were approximately 17,221 cases of non-fatal stroke in Kentucky. The ages of persons who had a stroke ranged from less than 4 years old to over 85 years old.

No Barriers USA:

Founded in 2003, No Barriers is our name as well as our approach to life and we believe that every person has a spark for adventure that is worth igniting.

No Barriers USA sponsors a bi-yearly summit brings together adventurers and outdoor enthusiasts as well as scientists and innovators for an outdoor summit unlike any other. The No Barriers Summit combines hands-on clinics, product demonstrations, nature excursions, films, art and music, keynote addresses, leadership exercises and a scientific symposium. July 2011, KARRN had 5 members attended No Barriers Summit in Winter Park, Colorado.

Ryan Creech, KARRN Member
Dr. Alexander Rabchevsky,
KARRN Member



Life is changed, but not over.

Basic Numbers:

- ◇ 31,567 people received care or died from a TBI in Kentucky.
- ◇ Of those, 27,101 were treated and released from emergency departments and 3,403 were hospitalized.
- ◇ Falls resulted in the greatest number of hospitalizations with a rate over three times that of motor vehicle accidents.
- ◇ Adults ages 65 years and older had the highest rates of TBI-related hospitalization
- ◇ Non-fatal TBI inpatient visits were routinely discharged (to home or self care) almost 60% of the time and TBI visits to the ED were routinely discharged over 90% of the time.
- ◇ Overall, almost 9 out of 10 non-fatal TBI discharges were discharged to home or self care.



Kentucky Traumatic Brain Injury Surveillance project 2010



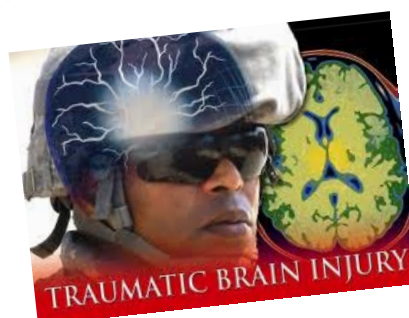
What is a TBI?

In sports medicine the term concussion is most commonly used and in general medicine mild traumatic brain injury is often used. Lay people are generally more familiar with the term concussion and that term might be used by treating professionals when discussing a mild traumatic brain injury.

The brain floats in cerebral fluid to protect it from jolts and bumps. A violent jolt or severe blow to the head can result in the brain bumping hard or jolting inside the skull. When this happens, nerve fibers might tear or blood vessels might rupture. The brain is “bruised” and can result in hemorrhage (bleeding in the brain), edema (swelling) or shearing (tears in nerve tissue). This type of injury in which the skull remains intact (although it might be fractured) is called a closed head injury and represents the majority of head injuries sustained. When the skull or brain is penetrated and the skin is torn, an open head injury occurs

BIAK/ MILITARY

MTBI Resource Journal 2011



Traumatic Brain Injury (TBI)

www.KARRN.org

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We are...



Working toward a common goal