

September 2015

September 2015

KARRN Mission:

A collaborative team including individuals impacted by neurological conditions, providers who serve them, members of communities in which they live, advocates, and researchers who investigate these impairments will identify, develop and disseminate information and strategies, and maximize resources to improve outcomes and quality of life.

Inside this issue:

Gov. Beshear celebrates ADA	1-2
Project CARAT	2-3
Alter UR Ego	4-5
KY Congress	6-7
KARRN receives grant	8

Gov. Beshear celebrates 25 years of the ADA by Jason Jones

FRANKFORT, Ky. (July 29, 2015) - Governor Steve Beshear signed a proclamation recognizing the 25th anniversary of the Americans with Disabilities Act (ADA) Monday, July 27, at the capital in Frankfort. The landmark act was signed into law by President George H. W. Bush on July 26, 1990.



Above: Jason Jones and Sasha Rabchevsky (KARRN members and KY Congress on Spinal Cord Injury Co-Directors), were invited guests to Frankfort.

(continued from page 1)

Roughly 874,000 Kentuckians are living with some type of disability and are benefitting from equal access provided under the ADA. The Kentucky Office of Vocational Rehabilitation (OVR), the Kentucky Office for the Blind, the State Independent Living Centers, the state Americans with Disabilities Office, the Kentucky Congress on Spinal Cord Injury and countless other offices and groups that work daily with people with disabilities joined the Governor in applauding the scope and importance of the ADA.

Gov. Beshear states in the proclamation “the ADA has expanded opportunities for Americans with disabilities by reducing barriers and changing perceptions, and increasing full participation in community life for the past 25 years.”

Project CARAT Summary by Sheila Levy

From 2012 thru April, 2015 Project CARAT provided 621 pieces of free medical equipment valued at over \$237,000 to persons primarily located in rural Eastern Kentucky. Project CARAT during this time period was funded by a HRSA grant.

At the end of April 2015 CARAT was informed that it did not receive a second grant from HRSA. The KATS Network is now funding Project CARAT’s statewide expansion. CARAT is expanding to Lourdes Hospital, Paducah and Spalding University/Entech, Louisville. The Eastern Kentucky Project CARAT sites in Thelma at the Carl Perkins Training Center and Hazard at the University of Kentucky’s Center of Excellence in Rural Health are continuing their successful CARAT operations.

The CARAT center at Spalding/Entech will be ready to start operating in late August. Spalding/Entech has donated a large space and refurbished it for Project CARAT. Their O.T. students will receive community service credit for their work on cleaning/refurbishing the AT/DME.

The Paducah CARAT center located at Lourdes Hospital is in the

(continued from page 2)

process of receiving inventory donations, but the space is not yet ready to clean/refurbish. It will be a few more months until this site is ready. When the site is ready, students from Western Kentucky Community and Technical College (WKCTC) will volunteer their time for refurbishing the donated AT/DME. The Center for Accessible Living in Murray is helping manage this site.

Project CARAT is establishing an on-going inventory donation relationship with Gould's Discount Medical Supply. This DME dealer has recently donated multiple items that filled three box trucks. Most of these items have been sent to Thelma to be refurbished there and at Hazard's CARAT operations. The owners of Gould's are interested in developing a regular donation schedule. Gould's has facilitated an introduction for Project CARAT to NOVA who is a national DME manufacturer and distributor who is currently donating their excess inventory to Mexico and other third world locations. Project CARAT is discussing the possibility with NOVA of making future inventory donations to project CARAT.

In order for Project CARAT to grow and build a sustainable model, it will need to have the capacity to accept cash donations, sponsor fund raising events and provide donation letters for large donations of DME. It will need to become a 501 (c) (3) corporation in order to do these things. We are investigating partnering with an existing not for profit to act as CARAT's fiscal agent.

Project CARAT is investigating ways to appeal to the Managed Care insurers to see if there is a way to create an income stream from them. This makes sense because data collected for the HRSA grant's Final Report shows that out of 156 individuals served only 12 of them were uninsured. The rest of the individuals had insurance but were still in need of free DME. In many cases, the private insurer case managers contact CARAT directly for their customers or ask their customers to contact CARAT to request DME to assist with their physical needs.

Alter UR Ego



Above: Heidi McKenzie modeling a pair of her Alter UR Ego adaptable jeans.

Alter UR Ego by Heidi McKenzie

In 2007 I had a traumatic car accident that left me a t-4 paraplegic but I didn't let it break my spirit or will to live to the fullest with a smile on my face. My injuries were severe enough that I had to learn how to breathe, eat, speak all over again and learn as I call it my "new normal" as being a paraplegic. After hard work and physical therapy I am now independent. Being crowned Ms. Wheelchair Kentucky 2012 and then going on to compete with 20+ girls at Ms. Wheelchair America I soon realized that others had the same struggles I did when it came to finding fashionable and functional clothing and made me determined to change that. My mission is to make people look good so they feel good too and build confidence, and give those in wheelchairs that chance to express their "alter ego" and break down social barriers.

That's when Alter UR Ego was created. I came up with a smart design to bring sustainability to a whole new level. Accessible pockets

Alter UR Ego

(continued from page 4)



on the thighs, invisible catheter opening, high back elastic waistband, straps for ease of dressing, tummy control panel, and customized length options. I teamed up with a seasoned designer in North Carolina, Kristin Alexandra Tidwell, who has experience with adaptable clothing, to bring this clothing line to life. I sourced my fabric and even my production partner is in North Carolina.

For more information about Alter UR Ego adaptable jeans check out our website/ blog and sign up for our newsletter, www.alterurego.co.



Above: Micah modeling a pair of the Alter UR Ego adaptable jeans



The 3rd Annual Kentucky Congress on Spinal Cord Injury by Jason Jones

The 3rd Annual Kentucky Congress on Spinal Cord Injury (KCSCI) was held on June 18 at the Marriot Griffin Gate in Lexington. Once again, this year's KCSCI was the most successful to date, with more than 80 attendees representing 20 Kentucky counties. The group was made up of individuals with SCI, advocates, clinicians and political figures.

The audience was treated to a day full of information from a myriad of presenters. Former State Representative Carl Rollins kicked things off by training the group about the "10 Things to Know Before Talking to a Legislator." The keynote was given by Heidi Johnson-Wright & Steve Wright who talked about Universal Design, ADA in Built Environment and Advocacy for Inclusive Design. The couple from Miami, FL, both shared countless experiences and examples of where things are working well in the world of accessible architecture as well as some ridiculous violations of the Americans with Disabilities Act (ADA).

After lunch, Lindsey Mullis, Health & Wellness Coordinator for the Human Development Institute at the University of Kentucky, talked about the importance of nutrition and fitness for people with SCI. Ryan Creech finished things up by presenting the new KCSCI website, www.kentuckyspinalcordcongress.com.

The highlight of the day came during the business meeting when Kristey Stambaugh from the Lexington Mayor's Council on Disabilities talked about how the advocacy efforts of the KCSCI had made a significant difference with the Lexington City Council on the barriers created from snow removal. There was also much discussion

(continued from page 6)

on our involvement in making local parks more accessible.

The advocacy continued even after the program when several members met with hotel officials to discuss inadequate accessibility. The group plans to follow up in the next few weeks.

The advisory committee is scheduled to meet in October to discuss ideas that were suggested for advocacy opportunities in the next few months.

Work for next year's KCSCI will begin in January. Thanks to all our sponsors. Kentucky Appalachian Rural Rehabilitation Network (KARRN), Kentucky Assistive Technology Services (KATS) Network, Superior Van and Mobility, Bruno, Braun Ability, Cardinal Hill Rehabilitation Hospital, Spinal Cord & Brain Injury Research Center (SCoBIRC), Agrability, Bioness, Todd Crawford Foundation, Friends for Michael and NuMotio.



Frances Hollis Brain Foundation Supports KARRN by Patrick Kitzman

The Frances Hollis Brian Foundation graciously supported a \$5000 grant to the KARRN to purchase adaptive health equipment for individuals with disabilities in eastern Kentucky. This grant will help with the purchase of bath chairs and benches which are not currently covered through Medicare since they are considered luxury items. This funding will also cover grab bars, bath mats, etc.

We would like to sincerely thank Ms. Diane Bryant and the Frances Hollis Brain Foundation for their support of our work. We would also like to thank Loralyn Cecil in the University of Kentucky, College of Health Sciences for all of her work in pulling the application materials together.



Kentucky Appalachia Rural Rehabilitation Network

7th Annual KARRN Conference:

Healthcare Accessibility for
Individuals with Disabilities

The Perkins Conference Center,
Eastern Kentucky University
Richmond, KY

September 23, 2015

Kentucky Appalachian Rural Rehabilitation Network

Charles T. Wethington Building, Rm 208
900 S. Limestone Ave
Lexington, KY 40536-0200

www.karrn.org

Phone: 859-218-0580

Fax: 859-323-6003

E-mail: phkitz1@email.uky.edu