

# AN IMPOSSIBLE REALITY

Mission Impossible: Overcoming Public Opinion & Health Disparities to Create a Framework for the Success of Individuals with Disabilities Health and Wellness Success



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# IMPLEMENTATION: EASTER SEALS IOWA

Providing exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunity to live, learn, work and play in their communities.

Programs include:

- Job training and employment services
- Day habilitation for adults
- Child Development Center
- Supported Community Living
- Case Management
- Camp and Respite



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# ASSISTIVE TECHNOLOGY CENTER

- Used Equipment Referral Service
- Durable Medical Equipment Loan Program
- Demonstration Center
- Lending Library



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## ASSISTIVE TECHNOLOGY CENTER

### Used Equipment Referral Service

- <http://eastersealsia.at4all.com/>
- Classified Ads Posting for durable medical equipment.
- Free for users (post 'for sale' or 'in search of')




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## ASSISTIVE TECHNOLOGY CENTER

### Durable Medical Equipment Loan Program

- <http://www.easterseals.com/ia/our-programs/assistive-technology-center/equipment-loan.html>
- Used DME is donated to Easter Seals Iowa.
- Sanitized and Refurbished.
- Loaned to Iowans in need through application and nominal fee.




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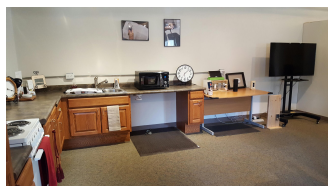
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## ASSISTIVE TECHNOLOGY CENTER

### Demonstration Center

Housed at Easter Seals Iowa  
Camp Sunnyside.




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## ASSISTIVE TECHNOLOGY CENTER

### Lending Library

2,000 items available for 30-day free trial period loan.

Information can be found on both the Easter Seals Iowa website or the AT4All website.



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## ASSISTIVE TECHNOLOGY CENTER

Why is there a need to support Health and Wellness?

How can AT support health and wellness?

How can you access the AT Center for support in the future?



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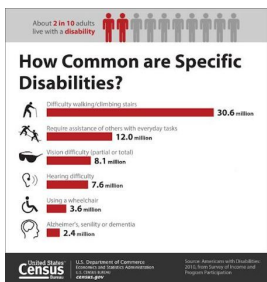
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## DISABILITY

- How many of you know someone with a disability?
- "Nearly 1 in 5 people have a disability in the U.S." [United States Census, 2012]



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# DISPARITY

- Disparity: difference between a group a reference point expressed in terms of a rate, percent, proportion, or some other quantifiable measure. [U.S. Department of Health and Human Services, 2005]
- Measuring a health disparity must include a **holistic view of health** in comparison to a reference point or "healthy" person.




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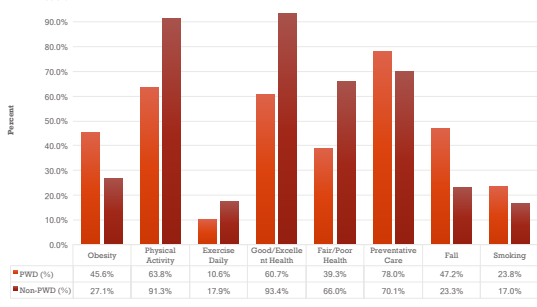
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2015 BFRSS Data




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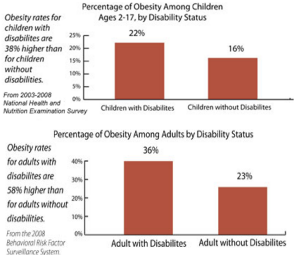
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# DISPARITY: OBESITY

- Obesity – related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer.
- Estimated annual cost of obesity in the U.S. was \$147 billion in 2008. [CDC, 2016]




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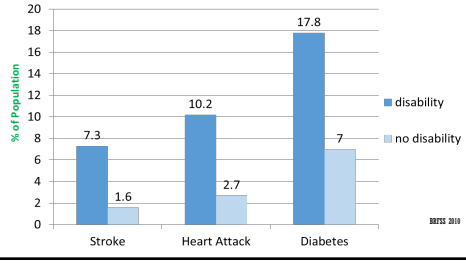
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### DISPARITY: CHRONIC DISEASE




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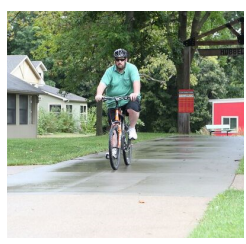
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### DISPARITY: PHYSICAL ACTIVITY

- People with disabilities have the same need for physical activity as any person but are less likely to engage in physical activities. [CDC, 1999]
- People with disabilities are encouraged to first consult a physician before engaging in a physical activity program that they are not accustomed to. [CDC, 1999]




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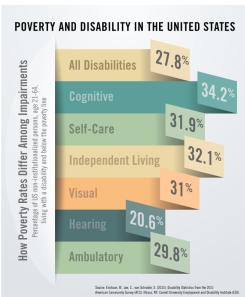
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### DISPARITY: POVERTY

- The presence of co-morbid conditions – such as arthritis, high blood pressure, obesity, diabetes, cardiovascular disease, and smoking – among Iowans with disabilities negatively impacts their lives. [IDPH, 2014]
- This is compounded when added to social conditions such as **poverty**, employment, or marital status.




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### BARRIERS AND OBSTACLES

- Individuals with disabilities are faced with greater health barriers than those without.
- Prohibitive cost of healthcare and wellness facilities
- Physical barriers
- Lack of transportation
- Safety
- Inadequate skills and training of disability etiquette [World Health Organization, 2015]




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### BARRIERS AND OBSTACLES

▪ CHII [Iowa.2016]



Lack of transportation  
*"I do not have a way to get to the activities and I want to go but I do not drive."*

Cost of a program/activity  
*"I do not have the money for workout places and I am not sure what to do in the workout places."*

*"I want to be healthier, just cannot afford to do so."*




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### BARRIERS AND OBSTACLES

▪ CHII [Iowa.2016]



Lack of grocery/recreational places  
*"Most activities are too fast paced for me"*

Staff at a facility  
*"Until staff are trained to be respectful or inclusive, I am not comfortable supporting my son to go to the gym as we have not been treated well or respected at such facilities"*

*"Fitness centers - don't have trainers experienced in PWD"*




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## BARRIERS AND OBSTACLES

- CHII [Iowa.2016]



### Accessibility of the facilities

*"Many times there is not enough room to fit my wheelchair. Access to a bathroom is a major problem, even in many rest areas along interstates"*

*"Trails (need benches placed often along route), Biking (need recumbent bike)"*

*"Several retail stores - don't have employees to help you shop"*




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## BARRIERS AND OBSTACLES



- Prohibitive cost of healthcare and wellness facilities
  - Average gym membership costs between \$40 and \$60 per month. [CNBC, 2008]
  - Most SSDI recipients receive between \$700 and \$1,700 per month. [Disability Secrete, 2016]
  - Average monthly cost of living in the U.S. for a single adult with no children is \$2,372; with one child is \$3,946; with two children is \$4,820. [Bureau of Labor Statistics, 2016]




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## BARRIERS AND OBSTACLES

- Physical barriers
  - Parking
  - Getting to the door
  - Getting through the door
  - Using the locker room
  - Using the equipment




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## BARRIERS AND OBSTACLES

Overwhelming : Mission Impossible



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## TRAIN TO INSPIRE

- Enlightening new experiences and physical activity are the foundation of what helps us empower others and our community.
- Mission: Support anyone who has faced adversity and hardship. Train to Inspire's primary goal is to touch as many lives as possible in order to make an everlasting impact on this world.



Dave uses weight lifting hooks borrowed from the Easter Seals Iowa Lending Library for a trial period



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## PROGRESSIVELY INCLUSIVE



- Train to Inspire supports persons with disabilities on an individual basis.
- Individualized personal training and group events expose individuals to new routines, experiences, and frame of mind.



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## PROGRESSIVELY INCLUSIVE

- Individuals gain confidence.
- Individuals recognize how to adapt tasks to fit their own abilities.
- Individuals set personal goals and gain knowledge on how to reach their goal.



Dave uses a Safety-Sure Pull-Up borrowed from the Easter Seals Iowa Lending Library for a trial period




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## PROGRESSIVELY INCLUSIVE



- With their newfound confidence and knowledge of adapting their tasks to meet their abilities – Individuals enter community based inclusive classes.

Jason prepares for a yoga class using yoga blocks borrowed from the Easter Seals Iowa Lending Library for a trial period




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## CASE SCENARIOS

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### CASE SCENARIOS

- Josiah is 61 years old, living in a rural area near Lake Red Rock. For many years, Josiah has enjoyed fishing in the small farm ponds. After experiencing a TBI, Josiah experiences coordination issues and is unable to stand on the rough terrain and operate his fishing pole.
- Devon, age 20, desires to go to the local gym to workout but experiences anxiety when he thinks about maneuvering the gym in his manual wheelchair.
- Sue, age 45, experiences limitations in her communication and has found herself "turned around" on several occasions. Sue desires to be able to go for runs outside but does not want to get lost or have to ask for help.
- What encouragement or direction can be provided?
- What possible Assistive Technologies may be explored?




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### DEVICE DEMONSTRATION

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### LINKS

- Easter Seals Iowa Website - [www.easterseals.com/ia/at](http://www.easterseals.com/ia/at)
- Assistive Technology AT4All Website- [www.eastersealsia.at4all.com](http://www.eastersealsia.at4all.com)
- Assistive Technology Center YouTube Channel - <https://www.youtube.com/channel/UCACrMXoWWgqQNVXcr92GCwg>

If you desire to sign-up for our E-Newsletter, please provide me with your name and email address.

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## QUESTIONS

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## REFERENCES

- <https://www.law.cornell.edu/uscode/text/42/12102>
- <http://www.merriam-webster.com/>
- <http://www.worldbank.org/en/topic/disability/overview>
- [https://www.cdc.gov/nchs/data/series/sr\\_02/sr02\\_141.pdf](https://www.cdc.gov/nchs/data/series/sr_02/sr02_141.pdf)
- <http://www.cdc.gov/obesity/data/adult.html>
- <https://www.census.gov/newsroom/releases/archives/miscellaneous/cb12-134.html>
- <http://cost-of-living.careertrends.com/1/615/The-United-States>
- <http://www.traininspireiowa.org/about.html>
- <http://www.who.int/mediacentre/factsheets/fs352/en/>



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