



Greetings from the Research & Training Center on Independent Living (RTC/IL) at the University of Kansas. We are committed to supporting centers for independent living and other community-based organizations that serve people with disabilities in their work. This update informs you about products and research that you and your staff may find useful.

Are You Ready? These Videos Can Help



Tornado season has begun early, with tragic loss of life and property. We've posted two new videos that target emergency preparedness and staying healthy.

In the pictured video, Glen White, PhD, offers tips for creating an “[Emergency Preparedness Kit for People with Disabilities.](#)”

In “[Be Prepared: Proper Handwashing.](#)” Cat Howland displays proper handwashing technique and talks about its importance in preventing seasonal and pandemic flu.

Diabetes Care in Kansas Measures Up

Amanda Reichard, PhD, and co-authors published “[Quality of diabetes care for adults with physical disabilities in Kansas](#)” in *Disability and Health Journal* in January 2012 (available online in full text or PDF).

Individuals with physical disabilities experience a greater risk for diabetes than those without disabilities. This study assessed Kansas Medicaid data to determine the quality of diabetic care provided and the level to which prevention and diabetes management needs are being met for people with physical disabilities.

The findings point to strong quality of care programs in Kansas for this population. However, Reichard says an imperative next step is to determine how effectively people in this group are managing their blood sugar levels day-to-day.

Improving Care for People with SCI in Perú

Glen W. White, PhD, and KU Honors program student Sam Ho will go to Perú March 15 to 25 to teach medical rehabilitation professionals how to better care for patients with spinal cord injury (SCI). People with SCI often experience secondary health conditions such as pressure sores and urinary tract infections.

White has previously delivered a series of workshops to Peruvians with SCI about strategies to

prevent or reduce the severity of secondary conditions. Now he and Ho are collaborating with health professionals from major U.S. medical rehabilitation centers to update and re-frame the workshops for people who treat SCI patients, including medical rehabilitation physicians, nurses and other therapists.

White has also taken the independent living message to Perú – [read more about it here](#).

Women Attorneys Honor Hodgesmith



Martha Hodgesmith, JD, has received the 2012 Chief Justice Kay McFarland Lifetime Achievement Award by the Women Attorneys Association of Topeka. The award recognizes an individual who has achieved professional excellence in her field and has influenced other women to pursue legal careers, opened doors for women lawyers in a variety of job settings that historically were closed to them, or advanced opportunities for women within a practice area or segment of the profession.

She has also been recognized for outstanding service to the Kansas Supreme Court and the citizens of Kansas through her service on The Blue Ribbon Commission for the study of the Kansas judicial system.

Diet Study in Kansas Seeks Participants with I/DD



Richard and Muriel Saunders are conducting a free weight loss program for adults with intellectual or developmental disabilities. Participants must live within a 50-mile radius of Lawrence, Kansas.

Other eligibility requirements are: Participants must be at least 18 years of age, in the overweight or obese range, able to participate in a simple exercise program, and able to communicate to others about their preferences and the diet plan.

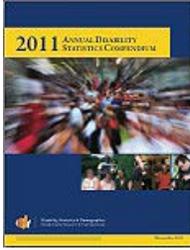
This study is funded by a grant from the National Institutes of Health and provides the following:

- Free individualized training on one of two proven diet plans
- A simple program of exercise
- Monthly counseling while on the diet
- Visual aids that indicate whether the dieter is following the diet and likely meeting the calorie range for weight loss
- A simple method for recording foods and beverages consumed during the month
- Payment for keeping the record of food and beverages consumed

For more information, please contact Richard Saunders at rrsaun@ku.edu or 913-579-6043.

The Stats Are Out There

Accessible, valid data and statistics are important to support decisions related to policy



improvements, program administration, service delivery, protection of civil rights, and major life activities for people with disabilities.

Our research partner Andrew Houtenville, PhD, from the University of New Hampshire, presented a webcast “What Counts? Latest Disability Statistics from Federal Surveys and Resources” in January to address this need. The audio and materials are [archived online](#).

Houtenville discussed the latest *Annual Disability Statistics Compendium* released in November 2011 (published by the RRTC on Disability Statistics and Demographics, which he directs). He highlighted data that are important in the area of employment-related research and services.

Bullying and People with Disabilities

Congratulations to The Whole Person CIL in Kansas City for their work on preventing bullying of people with disabilities. They collaborated with Theater for Young America to stage a play on the subject. KCUR-FM, the area’s public radio station, featured the play on Jan. 13 show. You can listen or read the transcript here: <http://kcur.org/post/bullying-and-disability-inform-new-play-young-audiences>.

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