



## Topic: HOME & PERSONAL SAFETY

### **JUNE 2006**

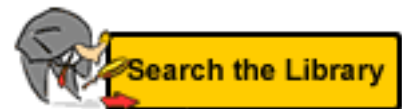
This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at [library@amputee-coalition.org](mailto:library@amputee-coalition.org).

#### **Resource Types:**

[Books](#)  
[inMotion Articles](#)  
[Fact Sheets](#)  
[Articles on Research including PubMed® Abstracts](#)  
[Videos](#)  
[Web Sites](#)

### **Library OPAC**

[http://www.amputee-coalition.org/nllic\\_library.html](http://www.amputee-coalition.org/nllic_library.html)



Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.

### **Books**

**The Comfort of Home: An Illustrated Step-By-Step Guide for Caregivers** / Maria M. Meyer, with Paula Derr; foreword by Mark O. Hatfield. 2nd ed. Portland, OR: CareTrust Publications LLC, c2002. ISBN 0-9664767-3-5. Among other aspects of home care, this easy-to-understand guide takes readers through all the steps to make the home safe and comfortable for people with special needs and easily handle everyday activities like toileting, bathing, and wheelchair transfers.

**Martial Arts for People With Disabilities** / Chris McNab. Broomall, PA: Mason Crest Publishers, c2003. ISBN 1590843991. Part of a children's educational series called "Martial and Fighting Arts," this book shows how people with disabilities can participate in martial arts, and includes essential tips, drills and fighting techniques.

## ***inMotion* Articles**

– When available, these include links for English, Spanish, and Easy Read versions in either HTML or PDF format.

**“Disability Doesn't Mean Vulnerability ”** / Ray Couch III. Knoxville, TN: Amputee Coalition of America, 1997. Article from *inMotion*, April / May 1997 . For many Americans living with a disability, learning some form of personal protection as well as how to escape a hazardous situation is an important aspect of independence and mobility. There are, however, four simple principles that will aid everyone: awareness, avoidance, escaping, and safety.

[http://www.amputee-coalition.org/inmotion/apr\\_may\\_97/def.html](http://www.amputee-coalition.org/inmotion/apr_may_97/def.html)

**“Grooming, Bathing and Safety Tips”** / Bill Dupes. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, September / October 2005. This article covers the basics and gives great advice to keep your bathroom routine productive and safe.

[http://www.amputee-coalition.org/inmotion/sep\\_oct\\_05/grooming.html](http://www.amputee-coalition.org/inmotion/sep_oct_05/grooming.html)

[http://www.amputee-coalition.org/inmotion/sep\\_oct\\_05/grooming.pdf](http://www.amputee-coalition.org/inmotion/sep_oct_05/grooming.pdf)

**“Keep Your Kids Away From the Yard”** / Julie Weist. Knoxville, TN: Amputee Coalition of America, 2002. Article from *inMotion*: November / December 2002. This article discusses some of the dangers lawn mowers pose to kids and how to prevent injuries related to those dangers.

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_02/yardl.html](http://www.amputee-coalition.org/inmotion/nov_dec_02/yardl.html)

[http://www.amputee-coalition.org/inmotion/nov\\_dec\\_02/yardl.pdf](http://www.amputee-coalition.org/inmotion/nov_dec_02/yardl.pdf)

## **Fact Sheets**

– When available, these include links for English, Spanish, and Easy Read versions in either HTML or PDF format.

**NLLIC/ACA Fact Sheet: Housing Modification: Low-Interest HUD-Sponsored Loans** / by NLLIC staff. Revised 2004 ed. Knoxville, TN: Amputee Coalition of America, 2002. Information about HUD-sponsored loans to make your house safe and accessible. Includes a listing of toll-free numbers.

[http://www.amputee-coalition.org/fact\\_sheets/housingmodification.html](http://www.amputee-coalition.org/fact_sheets/housingmodification.html)

[http://www.amputee-coalition.org/fact\\_sheets/housingmodification.pdf](http://www.amputee-coalition.org/fact_sheets/housingmodification.pdf)

[http://www.amputee-coalition.org/spanish/fact\\_sheets/housingmodification.html](http://www.amputee-coalition.org/spanish/fact_sheets/housingmodification.html)

[http://www.amputee-coalition.org/spanish/fact\\_sheets/housingmodification.pdf](http://www.amputee-coalition.org/spanish/fact_sheets/housingmodification.pdf)

**NLLIC/ACA Fact Sheet: Travel Information for People With Disabilities** / by Richard L. Mooney. Revised 2004 edition. Knoxville, TN: Amputee Coalition of America, 2002. Basic information about a broad spectrum of travel issues for those with disabilities. A little planning can ensure a safe and enjoyable trip. The information comes from a wide variety of sources, and includes references to where additional information can be found.

[http://www.amputee-coalition.org/fact\\_sheets/travel.html](http://www.amputee-coalition.org/fact_sheets/travel.html)

[http://www.amputee-coalition.org/fact\\_sheets/travel.pdf](http://www.amputee-coalition.org/fact_sheets/travel.pdf)

[▲ Back to Top](#)

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## Articles on Research Including PubMed® Abstracts

**“Self Defense for People With Disabilities”** / Julie G. Madorsky. Citation to article: Western Journal of Medicine 1990 October ; 153(4): 434–435. Full text article available at:

<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1002580>

[▲ Back to Top](#)

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## Videos

**Spot the Danger!** / The War Amps. Scarborough, Ontario: The War Amps, [2000]. This video features ASTAR, a child-like robot, and safety ambassadors (Champs) from the War Amps PLAYSAFE program for child amputees who have lost limbs in accidents. ASTAR introduces the viewers to 14 Champs from farms and cities. They take viewers to the actual sites where their accidents happened and explain how a few seconds of fun in the wrong place changed their lives forever.

**Tips for Building Modular Ramps and Steps** / Metropolitan Center for Independent Living. St. Paul, MN : The Center, 1999. This video offers step-by-step guidelines for designing and constructing safe, low-cost ramps for providing access to homes.

[▲ Back to Top](#)

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## Web Sites

**Automotive Safety Issues for Persons With Disabilities.** Washington, DC: National Highway Traffic Safety Administration, [199-]-. The NHTSA is the federal government agency with the authority to regulate the manufacture of automotive adaptive equipment and modified vehicles used by persons with disabilities. This site links to information regarding rules for adapting motor vehicles for people with disabilities.  
<http://www.nhtsa.dot.gov/cars/rules/adaptive/>

**Bathing Safety Equipment.** New York: Weill Medical College of Cornell University, 200u-. This page, produced by Weill Medical College of Cornell University, tested many bathing products for ease of use and safety, including bath benches and chairs, shower hoses, grab bars, and anti-scald devices. Based on their findings, the tip sheets on this site were created to help in choosing an appropriate bathing product for those who need it.  
[http://www.cornellaging.org/gem/product\\_bathing\\_index.html](http://www.cornellaging.org/gem/product_bathing_index.html)

**Centers for Disease Control and Prevention.** Atlanta, GA: Centers for Disease Control, [19--]- The Centers for Disease Control and Prevention (CDC) is recognized as the lead federal agency for protecting the health and safety of people at home and abroad, providing credible information to enhance health decisions, and promoting health through strong partnerships. Information on this site includes: general home safety, emergency preparedness, firework safety, lawn mower safety, preventing falls at home, and much more.  
<http://www.cdc.gov>

**Emergency Preparedness Initiative.** Washington , DC : The National Organization on Disability, [200-]-. The National Organization on Disability (NOD) launched the Emergency Preparedness Initiative (EPI) to ensure that emergency managers address disability concerns and that people with disabilities are included in all levels of emergency preparedness, including planning, response, and recovery. EPI's activities include a featured monthly topic on outreach, awareness, and education to encourage people with disabilities to better prepare themselves for emergencies.  
<http://www.nod.org/emergency>

**International Disabled Self-Defense Association.** Asheville, NC: IDSA, 1998-. The International Disabled Self-Defense Association offers a wide range of dynamic programs, products, services, seminars and support for its members. The organization's goals are to promote the most practical, realistic and effective science of self-defense for people with disabilities.  
<http://www.defenseability.com/info.htm>

### **Safety Issues for Vehicles Adapted for Use by Persons With Disabilities.**

Washington , DC : The Bureau of Transportation Statistics for the National Highway Traffic Safety Administration , 2002. This site provides information based on a questionnaire on the National Highway Traffic Safety Administration's Web site that asks users (drivers and passengers) of vehicles with adaptive equipment about the type of vehicle, the specific equipment or modifications, and user opinions about the safety of the modified vehicle.

<http://www.nhtsa.gov/cars/rules/adaptive/btsrn/btsrnfinal.pdf>

### **The Home Wheelchair Ramp Project: The Minnesota Ramp Project: Making**

**Homes Accessible** . St. Paul, MN: Metropolitan Center for Independent Living Inc., 1993. "How to Build Wheelchair Ramps for Homes" is a manual of design and construction for modular wheelchair ramps. This manual includes information about ramps and long-tread low-riser steps to improve safe home accessibility.

<http://www.wheelchairramp.org>

 [Back to Top](#)

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