

Aging with Spinal Cord Injury and Disability



<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

http://www.eldercare.gov/Public/About/Aging_Network/ADRC.aspx

Aging and Disability Resource Centers/ No Wrong Door

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong

Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS, and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the [U.S. Administration for Community Living](#) (including [AoA](#) as of April 2012) and the [Centers for Medicare & Medicaid Services \(CMS\)](#). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a “one-stop shops” or “no wrong door” systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

<http://www.anppm.org/>

**Asociacion Nacional Pro Personas Mayores/
National Association for Hispanic Elderly**

234 East Colorado Blvd., Suite 300
Pasadena, CA 91101

Phone: 626-564-1988

A non-profit organization which assists elderly Hispanic persons with employment, low income housing, health, and finances.

<https://www.christopherreeve.org/living-with-paralysis/health/secondary-conditions/webcast-sci-aging>

Christopher & Dana Reeve Foundation: Nurse Linda webcast on aging and spinal cord injury

<http://www.spinalcordinjury-paralysis.org/forums/viewtopic/11775/54311>

Christopher & Dana Reeve Foundation: Nurse Linda blog “Aging with the Effects of Paralysis”

<http://www.spinalcordinjury-paralysis.org/forums/viewtopic/11775/54301>

Christopher & Dana Reeve Foundation: Nurse Linda blog “Aging with SCI”

<https://craighospital.org/resources/topics/aging>

Craig Hospital: Aging Resources

<https://craighospital.org/resources/aging-and-spinal-cord-injury>

Craig Hospital: Aging and Spinal Cord Injury

<https://eldercare.acl.gov/Public/Index.aspx/>

Eldercare Locator from ACL

Phone: 800-677-1116

Provides info on aging programs and resources.

<http://emedicine.medscape.com/article/322713-overview>

Medscape: Spinal Cord Injury and Aging

This page has information on the aging process in people with spinal cord injury, including musculoskeletal, cardiovascular, gastrointestinal, pulmonary and integumentary, and endocrine changes.

<http://www.nasuad.org/about-nasuad>

National Association of States United for Aging and Disabilities (NASUAD)

1201 15th St. NW, Suite 350

Washington DC 20005

Phone: 202-898-2578

NASUAD represents the nation’s 56 state and territorial agencies on aging and disabilities and supports visionary state leadership, the advancement of state systems innovation and the articulation of national policies that support home and community based services for older adults and individuals with disabilities.

<http://www.ncba-aged.org>

National Caucus and Center on Black Aging Inc. (NCBA)

1220 L Street NW, Suite 800

Washington, DC 20005

Phone: 202- 637-8400

NCBA has helped protect and improve the quality of life for elderly populations, making certain that legislators, policy makers, philanthropists, advocacy groups, service organizations, thought leaders and the public at-large include minority seniors in their programs, policy- and law-making, and giving. NCBA is one of the country's oldest organizations dedicated to aging issues and the only national non-profit organization devoted to minority and low-income aging.

http://www.ncpad.org/exercise/fact_sheet.php?sheet=107

NCHPAD: Resistance Training for Persons with Physical Disabilities

This page has information on how exercise can help people with physical disabilities maintain physical function and independence, particularly as they age. The document discusses resistance training guidelines for persons with physical disabilities, focus on associated conditions and general resistance training guidelines. There are also guidelines

for specific disability groups – wheelchair users and people with spinal cord injury, multiple sclerosis, post-polio syndrome, cerebral palsy, and stroke.

<http://nicoa.org/>

National Indian Council on Aging (NICOA)

1051 Montgomery Blvd., NE, Suite 210

Albuquerque, NM 87111

Phone: 505-292-2001

NICOA is a non-profit organization founded in 1976 which advocates for improved comprehensive health, social services and economic well-being for American Indian and Alaska Native Elders.

<http://www.nia.nih.gov>

National Institute on Aging (NIA)

Building 31, Room 5C27

31 Center Drive, MSC 2292

Bethesda, MD 20892

Phone: 800-222-2225 (Toll-free), 800-222-4225 (TTY/toll-free)

Email: niaic@nia.nih.gov

<http://www.nia.nih.gov/health/publication/clinical-trials-and-older-people>

NIA: Why Do Clinical Trials Need Older and Diverse People?

<https://www.nia.nih.gov/health>

NIA: Health Info

<https://www.nia.nih.gov/health/why-participate-clinical-trial-what-else-should-i-know>

NIA: Why Participate in a Clinical Trial?

http://sci.washington.edu/info/forums/reports/aging_6.09.asp

Northwest Regional Spinal Cord Injury System: Aging with a Spinal Cord Injury

This page has an 81-minute streaming video and a report of the June 9, 2009, presentation by Rina Reyes, MD, and Ivan Molton, PhD, of the University of Washington, Department of Rehabilitation Medicine.

<http://sci.washington.edu/info/forums/reports/aging-2012.asp>

Northwest Regional Spinal Cord Injury System: Everybody's Doing It! Aging with a Spinal Cord Injury

A 78 minute streaming video presented on October 9, 2012 at the University of Washington Medical Center, Seattle, WA.

<https://www.youtube.com/watch?v=INXDJKaEAE&feature=youtu.be>

Northwest Regional Spinal Cord Injury System: Profiles of Aging with a Spinal Cord—Elaine's Story

Elaine Stefanowicz was injured in a car accident as a teenager. She is now an academic adviser at a two-year college and former Miss Wheelchair America. She talks with UW clinical psychologist Jeanne Hoffman about her injury, the ways it shaped her life and career over 30-plus years, and how she stays healthy and independent as she ages with her disability.

<https://www.youtube.com/watch?v=BAc0vOwrucE&feature=youtu.be>

Northwest Regional Spinal Cord Injury System: Profiles of Aging with a Spinal Cord—Clark’s Story

Clark sustained a cervical spinal cord injury from a diving accident 35 years ago and went on to an active life, including college, career, sports, marriage, and fatherhood. He talks with Dr. Jeanne Hoffman about his life, aging, and staying healthy after more than three decades in a wheelchair.

www.agerrtc.washington.edu

<http://agerrtc.washington.edu/info/factsheets>

Northwest Regional Spinal Cord Injury System: Rehabilitation Research and Training Center (RRTC) on Aging with a Physical Disability

University of Washington

Box 356490

Seattle, WA 98195

Phone: 866-928-2114

They have factsheets on depression, sleep, exercise, getting the most out of a health care visit for people aging with disabilities.

<http://usm.maine.edu/muskie/cutler/da>

University of Southern Maine: Cutler Institute’s Disability and Aging Program

PO Box 9300

Portland, ME 04104

Phone: 207-780-4430

The Cutler Institute’s Disability and Aging program is a team of multi-disciplinary professionals with extensive experience working in close collaboration with states to provide technical assistance, conduct evaluations, identify best practices, and perform policy analysis work.

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new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This project was supported, in part, by grant number 90PRRC0002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.