1996 Disability Media Calendar: over 100 entries marking milestones in rehabilitation, independent living, and disability rights; $5 each from ILRU, 2323 South Shepherd, Suite 1000, Houston, TX 77019 (713/520-0232).

Dressing Tips and Clothing Resources for Making Life Easier by Shelley Peterman Schwarz; spiral-bound, large print, 93-page book with tips and techniques to make dressing easier; $18.95 plus $3 S&H; contact Shelley Peterman Schwarz, 933 Chapel Hill Road, Madison, Wisconsin 53711 (608/274-4380, FAX 608/274-6993).

Flatter Your Figure by Jan Larkey and Dressing Your Curves, (a newsletter); National Scoliosis Foundation, 72 Mount Auburn St., Watertown, Massachusetts 02172; $15 donation.

Getting From Here to There: A Manual on Personal Assistance by Catherine D. Ludlum; spiral bound, 38 pages excluding appendices; addresses advertising, interviewing, training, firing, liability, taxes, etc.; $10 postage paid; contact A.J. Pappanikou Center, UCONN, for Healthy Living; 1000, Auburn St., Watertown, Massachusetts 02172.

Disability, Pregnancy & Parenthood International (ISSN 0968-7653); quarterly magazine; contact DPPI, 1 Chiswick Staithe, London W4 3TP, England; £12-00. (FAX +44 181 994 1135) or North American distributors, Auburn Press, 10500 Lexington Lane, Franklin, Illinois 60423-2216; $20.

The Self-Help Sourcebook; a national guide to finding and forming mutual aid self-help groups (5th edition); soft cover; 272 pages; printed May, 1995; $9 book rate; $11 first class; $15 overseas air; $10 overseas surface; check payable to St. Clares-Riverside Medical Center, mail to American Self-Help Clearinghouse, Attention: Sourcebook, St. Clares-Riverside Medical Center, Denville, New Jersey 07834-2995 (201/625-7101).

Securing Independent Housing with Accessible & Universal Design; spiral-bound, 150-page book; sections include: Process to Purchasing, Potential Home Modifications, Funding Support, Case Scenarios/Building Cautions, A Directory of Modification Suggestions; $29.95 plus $2.50 S&H; contact Design Communications, Inc., P.O. Box 206, Rosenhayn, New Jersey, 08352 (609/451-4499, FAX 609/451-6678). A Loving Justice: The Moral and Legal Responsibility of the U.S. Catholic Church under the Americans With Disabilities Act; $7.50 single copy; available in large print and audio tape; contact National Catholic Office for Persons with Disabilities (NCOPD), P.O. Box 29113, Washington, DC 20017 (202/529-2933).

The Foundation for Support and Development of Disabled Persons/Thailand, Chiang Mai Office, has published a Thai language polio handbook; contact them at 195/197 Ban Tanawan, Moo 8, Tambon Sanpheeseu, Amphur Muang, Chiang Mai, 50300 Thailand.


The National Academy for State Health Policy (NASHP) is a non-profit forum of leading state health policy officials to exchange insights, information, experience about health policy, and to develop practical solutions to problems confronting states. For more information about the Academy or to continue on page 2.
receive an order form, contact
NASHP, 50 Monument Square, Suite
502, Portland, Maine 04101 (207/
874-6524, FAX 207/874-6527).

BOOKS

Moving Violations: War Zones,
Wheelchairs, and Declarations of
Independence (ISBN 0-7868-6078-
2) by John Hockenberry, broadcast
journalist formerly with NPR; Hyper-
ion; 371 pages; $24.95; available in
bookstores. Just nominated for a
1995 National Book Critics Circle
award in the biography or auto-
biography category. A must read
(especially for NPR fans).

The Cinema of Isolation: A
History of Physical Disability in
the Movies (ISBN 0-8135-2104-1
pbk) by Martin F. Norden professor
of communication University of
Massachusetts, Amherst; Rutgers
University Press; 357 pages, 67
B&W illus.; $16.95, at your local
bookstore or 800/446-9323.

Deaf President Now! The
1988 Revolution at Gallaudet
University (ISBN 1-56368-035-1)
by John B. Christiansen and Sharon
N. Barnartt; Gallaudet University
Press; 232 pages; $24.95;
(800/451-1073).

Patient Power: Overcoming
Chronic Illness (ISBN 0-942246-
02-0) by James M. Galbraith;
Benchmark Books; 128 pages;
$12.95; not available in bookstores;
(800/345-6665).

VIDEO

The West Park Hospital Post-
Polio Clinic Educational
Outreach and Training Program;
West Park Hospital, Toronto,
Ontario, Canada, has developed a
comprehensive educational tool
designed to educate health care pro-
fessionals to understand, assess, and
treat post-polio. Professionals in the
fields of psychiatry, social work, occu-
pational therapy and physiotherapy
can learn detailed assessment and
effective treatment. These four areas
of health care are included on a single
instructional video-tape to emphasize
the interdisciplinary approach.

Each kit contains a two-hour training
video, assessment, treatment forms,
and resource information that is disci-
pline specific. Also included are slides,
photos, charts, group therapy guides,
and exercise programs. The hospital
also offers a unique shadow training
program. Trainees will be given the
opportunity to gain hands-on experi-
ence by following the post-polio team
on their rounds as well as being
included on actual assessment and fol-
low-up appointments. For more infor-
mation and pricing details, contact
Wendy Malisani, Coordinator,
Post-Polio Clinic, West Park Hospital, 82
Buttonwood Ave., Toronto, Ontario,
M6M 2C5, Canada (416/243-3600
ext. 2157).

Substance Abuse in Rehabili-
tation Facilities — No Problem?
Think Again; panel discussion of
individuals with traumatic spinal cord
or brain injury, moderated by
Kimberly Arlinghaus, MD; 38 min-
utes; $89.95 plus $2 S&H; check to
Baylor College of Medicine; contact
Linda Herson, RRTC on Community
Integration in SCI, Baylor College
of Medicine, 1333 Moursund,
B-107, Houston, Texas 77030
(713/797-5945).

You Deserve To Be Safe: An
Educational Video; features girls
with disabilities sharing personal
views, experiences on the problems
of violence and abuse; contact
DisAbled Women’s Network (DAWN)
Ontario, 180 Dundas Street West,
Suite 210, Toronto, Ontario M5G
1Z8, Canada.

My Body Is Not Who I Am;
spotlights feelings and thoughts of
individuals with disabilities interviewed
by polio survivor Jeanne Putnam,
PhD; 35 minutes; $195; Aquarius
Productions, Inc., 5 Powderhouse
Lane, Sherborn, Massachusetts
01770 (508/651-2963, FAX
508/650-4216).

Message from Nina Seavey,
producer of the upcoming PBS docu-
mentary — A Paralyzing Fear: Polio
in America ... “We have been receiv-
ing, reading, and appreciating all of
the personal stories and memorabilia
your readers sent to us. All will
receive a response by late Spring.”

The Sabin Archives

From 1939 to 1969, Dr. Albert B. Sabin (1906-1993), developer of the live oral polio vaccine, was Associate Professor of Pediatrics, Professor of Research Pediatrics, and Distinguished Service Professor at the University of Cincinnati College of Medicine and Children’s Hospital Research Foundation. Dr. Sabin’s papers, including manuscripts, correspondence, laboratory notebooks, and lectures exist nearly in their entirety at the University of Cincinnati Medical Heritage Center (CMHC). Only a selection of his papers from 1935 to 1939 exist elsewhere, namely at the Rockefeller Archives.

The Sabin Archives include five hours of oral history videotapes made at the Center from 1940-1960, books on infantile paralysis, and the last iron lung used in Cincinnati. The collection also chronicles his research on the viral diseases of sand fly fever, dengue fever, Japanese encephalitis, B virus, and infectious hepatitis. Approximately 50 videotapes of interviews and news broadcasts are now housed in the oral history section. In addition, all of Dr. Sabin’s awards, medals, and his honorary diplomas are at the CMHC.

The University of Cincinnati Medical Heritage Center is fund-raising to provide for the organization and cataloging of this extensive collection (400 linear feet).

For more information, contact: Mary Newman, University of Cincinnati Foundation, 425 Oak Street, Cincinnati, Ohio 45219 (513/556-6781 or e-mail mary.newman@uc.edu)
For the Traveler

Jim Tuscher, Chair, Governor's Council on Disability (Missouri) and Earl Schuessler, Superintendent, Lake of the Ozarks State Park, on wheelchair-accessible path composed of compacted 3/4ths inch minus gravel.

For the Traveler

For more information regarding Missouri's progress in making its state parks accessible, and for a copy of Facility Compliance Strategy and Accessibility Patterns Book with the Americans With Disabilities Act by Richard Lachance, architect, and Pat Crawford, landscape architect, contact Missouri Department of Natural Resources, Division of State Parks Planning and Development Program, P.O. Box 176, Jefferson City, Missouri 65102-0176 (314/751-3734, FAX 314/751-8656).

A guide to accessible transportation, hotels, public services, cultural centers, etc., in Lyon, France can be obtained from Hotel de Ville Service Integration de la Personne Handicapee dans la Citi, 1, Place de la Comedie 6900 Lyon, France.

Accessibility Travel Service, founded by Pamela C. Parlaman, offers customized travel for people with disabilities, providing choices, coordinating dietary needs, locating local medical options. Accessibility Travel Service works with certain agents and offers this service free of charge. Phone or FAX 610/873-5759.

On international flights of its 747-400 aircraft, Qantas now offers an outward swinging door on one of the four toilets located at the front of the economy-class cabin. This door can be swung open and clipped in position, effectively partitioning off the cross aisle. Handles or grab rails are also installed in these specified toilets, and the door opening is to the side of the toilet to make transferring easier.

While not the perfect solution, it allows persons to move from their seat on the on-board aisle chair, and transfer onto the toilet in private. It does not increase the size of the toilet, but provides an extra area to the side of the toilet. The extra room is helpful to any support person.

When booking a Qantas flight, ask if your flight is equipped with one of these toilets. But do remember that aircraft changes can occur right up to the time of departure so be sure to enquire again when you check in. Reprinted with permission of the Technical Aid to the Disabled Journal, December, 1995.

Preparing for implementation of the Disability Discrimination Act (DDA), the United Kingdom’s Tourism for All (TFA) has developed a standard for accessible accommodations.

For more information contact
The Holiday Care Service (HCS), 2nd Floor, Imperial Buildings, Victoria Road, Horley, Surrey RH6 7PZ England (01293/774535).

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<thead>
<tr>
<th>Tourism for All national access symbols</th>
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<tbody>
<tr>
<td>Category 1</td>
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<tr>
<td>Holiday Care Service (inspected prior to 1 August 1993)</td>
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<tr>
<td>Holiday Care Service (inspected after 1 August 1993 to the National Accessible Standard)</td>
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<tr>
<td>The English Tourist Board</td>
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<td>The Scottish Tourist Board</td>
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<td>The Northern Ireland Tourist Board</td>
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* Accessible to wheelchair user
** Accessible to wheelchair user travelling with assistance
*** Accessible to someone with limited mobility, but able to walk a few paces and up a maximum of three steps

The Disability Discrimination Act (DDA) received Royal Assent — the final stage of the formal parliamentary process on November 8th. The act will cover discrimination in employment and access to goods, services, transport, and education. The regulations and codes of practice that will govern how the act is interpreted in the courts and on a day-to-day basis still have to be finalized. For details of the content of the DDA contact Disability Now, 12 Park Crescent, London W1N 4EQ, England.
Causes of Depression
Depression can result from the following:
- Biochemical imbalance in the brain
- Psychological distortions or "faulty thinking"
- Unresolved emotion (e.g., grief, fear, anger, shame)

Some triggers that may set off depression include: genetic predisposition, major losses, unresolved feelings, serious illness, relationship or economic difficulties, painful experiences in childhood, and alcohol or drug abuse. Causes of depression vary. While unhappy events may result in depression, some people may become depressed for no apparent reason.


Depressive Illness Is Treatable
The most commonly used treatments for depression are anti-depressant medication, psychotherapy, or a combination of the two. Which of these is the right treatment for an individual case depends on the nature and severity of the depression and, to some extent, on individual preference. In mild or moderate depression, one or both of these treatments may be useful, while in severe or incapacitating depression, medication is generally recommended as a first step in treatment. In combined treatment, medication can relieve physical symptoms quickly, while psychotherapy allows the opportunity to learn more effective ways of handling problems.

Depression: What Every Woman Should Know. Available from D/ART.

Know the Symptoms of Depression
Symptoms of depression can include:
- Persistent sad or "empty" mood
- Loss of interest or pleasure in ordinary activities, including sex
- Decreased energy, fatigue, being "slowed down"
- Sleep disturbances (insomnia, early-morning waking, or oversleeping)
- Eating disturbances (loss of appetite and weight, or weight gain)
- Difficulty concentrating, remembering, making decisions
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Thoughts of death or suicide; suicide attempts
- Irritability
- Excessive crying
- Chronic aches and pains that don’t respond to treatment.

For more information about depression write: Depression Awareness, Recognition, and Treatment (D/ART), National Institute of Mental Health (NIMH), 5600 Fishers Lane, Room 10-85, Rockville, Maryland 20857 or call 1/800-421-4211.

Single copies of the following brochures are free:
Depression: What Every Woman Should Know; Helpful Facts about Depressive Illnesses; Bipolar Disorder; What To Do When a Friend Is Depressed: A Guide for Students; If You’re Over 65 and Feeling Depressed...Treatment Brings New Hope; Plain Talk about Depression and ; A Consumer’s Guide to Services.

Helping the Depressed Person
Encourage treatment.
Get expert help.
Seek help for yourself.
Listen and validate feelings.
Build a supportive environment.
Structure activity.
Give the person control.
Learn about medications.
Be alert to signs of suicide.
Be watchful at holidays.

Depression in Later Life:
Recognition and Treatment (PNW 347) is a 36-page booklet available for $2 per copy (includes S&H) from Publication Orders/Dept. A, Agricultural Communications, Oregon State University, Administrative Services A422, Corvallis, Oregon 97331-2119.
Healing the Blues: Drug-Free Psychotherapy for Depression

BY DOROTHEA NUDELMAN, PATIENT AND DAVID WILLINGHAM, MSW, THERAPIST

From Survivor’s “Afterword”

Therapy doesn’t cure crippling depression although it helps to heal the “wounds” so mind and body and emotions can co-exist. I now have access to all of my feelings. I “came home” to my body exactly as it is. I learned to understand and cherish myself better.

While I still fear falling, I have learned to handle this danger differently. I no longer take unnecessary risks to prove that I can do anything. I no longer spend huge amounts of energy on fear. I can spend that energy being more honest and open with my husband and myself. I can accept his help when he offers it or request his help when I need it. I am learning the wisdom of acceptance.

From Therapist’s “Preface”

Dorothea tells eloquently of the struggle she had with depression. In the process she graphically recounts the terrifying experience of childhood poliomyelitis and her journey to overcome its aftermath in order to live a full and dynamic life.

She resolved a persistent depression, but more, she uncovered and reclaimed portions of a rich life which had been filed away as too painful to contemplate.

I believe that the emotional disturbances of depression... are more than clusters of symptoms to be eliminated. Contained within them is information that may be vital to the further development and maturation of the individual. This book describes an experience of finding the meaning behind a depression through conversations which had a powerful impact on one person’s life.

Copies are available for $20, including tax, shipping, and handling (20% savings). Send check or money order to: Dorothea Nudelman, 170 Cherokee Way, Portola Valley, California 94028. Call 415/851-2857, FAX 415/529-2074, or e-mail: Nudelman@admin.fhda.edu

From the Physician

Over the years of working with persons with disabilities who require use of prolonged mechanical ventilation, I have learned that physicians are collaborators of care.

The nature of the physician-ventilator user relationship is that of a PARTNERSHIP. The physician and PERSON (not patient) are partners in: decision making, plan implementation, and outcome evaluation.

One major function of the physician in this partnership is education. The role of educator and learner are interchangeable. The educational relationship is based on mutual respect and a high value on the importance of education.

Another important physician role is that of care management. This role as well is interchangeable with the ventilator user. Together, the physician and user are a team of MD facilitator/person self-manager. This is based on core-values of self-help, mutual aid, and person-centered care.

As collaborators of care, physicians must understand the difference between the Medical Model and the Independent Living Model. These differences are as follows:

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<tr>
<th>MODEL</th>
<th>MEDICAL</th>
<th>INDEPENDENT LIVING</th>
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<tr>
<td>PROCESS</td>
<td>Command/Control</td>
<td>Collaboration</td>
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<tr>
<td>FOCUS</td>
<td>Professional-centered</td>
<td>Person-centered</td>
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<td>Patient-focused</td>
<td>Family centered</td>
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<td>EMPHASIS</td>
<td>Illness (episodic)</td>
<td>Health-wellness (continuous)</td>
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<td>Health promotion/prevention</td>
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<td>GOAL</td>
<td>Curing</td>
<td>Caring</td>
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<td>FOSTERS</td>
<td>Dependence</td>
<td>Autonomy</td>
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<tr>
<td>DECISIONS</td>
<td>Receptive</td>
<td>Participative</td>
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<tr>
<td>COMMUNICATIONS</td>
<td>One-way</td>
<td>Two-way</td>
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<tr>
<td>RESPONSE</td>
<td>Reactive</td>
<td>Proactive</td>
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<tr>
<td>RESPECT</td>
<td>Professional wisdom</td>
<td>Person/family insights</td>
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<tr>
<td>ETHICAL</td>
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</tr>
<tr>
<td>FOUNDATION</td>
<td>Beneficence</td>
<td>Autonomy</td>
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</tbody>
</table>

Allen I. Goldberg, MD, MMD, FACPE, Loyola University Medical Center, Department of Pediatrics, Pediatric Home Health, 2160 South First Ave., ET Building, 8th Floor, Maywood, Illinois 60153 (708/327-9113/9114, FAX 708/327-9067).
The **JACQUELIN PERRY NEURO-TRAUMA INSTITUTE AND REHABILITATION CENTER**, Rancho Los Amigos Medical Center, Downey, California, was dedicated January 24, 1996.

The Nobel Learning Resource Center, Shepherd Center, Atlanta, Georgia, was opened October 1995. The **ATLANTA POST-POLIO ASSOCIATION's literature collection** is now housed there. Members serve as volunteers for the Resource Center.

*Power and Spirituality in Polio Survivors: A Study Based on Rogers' Science* by **DOROTHY WOODS-SMITH**, RN, PhD, was published in Nursing Science Quarterly, 8:3 Fall (1995).

The **FRENCH POST-POLIO SYNDROME GROUP**, started in 1989, collects information for publication within the quarterly Le Point Carre. Nicole Richer-Jouve, 63, route de Belbex, 15000 Aurillac, France, is interested in medical articles pertaining to the management of post-polio.

**ADOLF RATZKA AND DOROTHEE RIEBEL** are back home in Sweden (Petersens Vag 2, 127 41 Stockholm-Skarholmmen) with adopted daughter Katharina Lupita born July 4, 1994 in Costa Rica.

**HUGH GREGORY GALLAGHER** received the 1995 $50,000 Henry B. Betts Award given each year to a person who has made significant contributions to the quality of life of people with disabilities.

**AKIKO SAITO**, Japan Council on Independent Living Center (JIL), reports there are now more than 50 centers in her country. Four years ago there were 10. The Japanese Government is gradually recognizing the benefit and productivity of self-help organizations, particularly for people with physical disabilities. More than half of the staff of the independent living centers in Japan are people with disabilities. The power to make decisions and to manage the offices are delegated to people with disabilities as well. The final goal of JIL is to create a society with no discrimination where people with severe disabilities can choose freely how to live. JIL may be reached at #701, 1-16-1 Sekiguchi, Bunkyo-ku, Tokyo, 112 Japan (Phone and FAX 03-3235-5637).

From High Court Judge **HOLGER KALLEHAUGE** . . .

Last year was the 50th anniversary of PTU — the Danish Association of Polio-Traffic and Accident Victims — of which I have been the president since 1973. A small book about our history was published and at a reception the first copy was handed to Her Majesty Queen Ingrid, the Queenmother who has been our patroness.

The World Summit of Social Development took place in Copenhagen in March ... the document from the beginning was very poor from a disability point of view but ended up being excellent. Cooperation among international disability organizations for the first time worked as it should. I was the representative of the Nordic Council of Organisations of Disabled People (HNR) where I have been serving as president since 1988. It took some work to influence the Declaration and the Programme of Action which all the heads of state and prime ministers adopted at the end of the week, but it was certainly worth all the efforts. Disability issues, disabled people, and the UN Standard Rules on Equalisation of Opportunities for Persons with Disabilities became integrated in the texts to an extent which we have not seen before in any UN document.

(For a complete text in the six official languages of the United Nations and a pamphlet in English, French, and Spanish, please write to: Information Office for Disability, Development and Human Rights Section, Department of Public Information, Room S-1040, United Nations Secretariat, New York, NY 10017 (212/963-1313, FAX 212/963-4361). I am still working full time in High Court. I celebrated my 60th birthday in March and have my share of late effects of polio. I have for

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**International Visitors**

**DENIS HOGAN**, president of Post-Polio Support Society New Zealand. He visited the G.I.N.I. office and also spoke to the Greater St. Louis Post-Polio Support Group. Denis and his wife, Helen, were on a four-week tour of the U.S.

**ARUNEE LIMMANEE**, Thailand, a Fulbright scholar, is studying social work at the George Warren Brown School of Social Work at Washington University. She is also completing an internship with Paraquad, an independent living center in St. Louis. She is shown here with Duane Gruis, Paraquad, and Joan Headley.
some years used a ventilator during night. I was knighted in June. Her Majesty Queen Margrethe of Denmark appointed me knight of the Danish Flag "Dannebrog" because of my long service in the disability field.

My wife Else takes good care of all domestic affairs, me included, so I have no reason not to be happy. Best regards to all my friends abroad.

G.I.N.I. Activities

G.I.N.I. was forced to move its office in September, 1995, due to the expansion of the St. Louis Science Center. Our new office is located in a new building owned and built by the American Cancer Society, Missouri Division, to accommodate itself and other not-for-profits. We are located on the first floor of this completely accessible facility, which also provides ample parking. Our new address is 4207 Lindell Blvd., #110, St. Louis, MO 63108-2915 and is located just four blocks away from the original G.I.N.I. house on Maryland Ave. All visitors are welcome.

Research Fund Established

The G.I.N.I. Board of Directors, in November 1995, established the G.I.N.I. Research Fund encompassing the Thomas Wallace Rogers Memorial Respiratory Research Grant and the Post-Poliomyelitis Research Grant. Contact G.I.N.I. for further information if you wish to make a contribution to the Research Fund, either directly or through your Will.

G.I.N.I. expresses its gratitude to the families and friends of Thomas Wallace Rogers and Patt Patey for their generous contributions to The G.I.N.I. Research Fund.

Board of Directors in new G.I.N.I. office: Martin B. Wice, MD, President, Penny Chrisler, Secretary, and Mark Zerman, Treasurer.

Other Board members include: Oscar A. Schwartz, MD, James Campbell, Judith R. Fischer, Jack Genskow, PhD, Frederick M. Maynard, MD, Patricia Price, Roberta Simon, RN, Maurice Sonnenberg, Max J. Starkloff, and Gertrud Weiss.

Joe Leone at the computer workstation in the new office.