A BETTER DESIGN YOU CAN STYLE

We designed it, now it’s your turn to style it by picking from countless color combinations for your chair. You can also choose from four levels of ISO Tech polymers to create a ride unlike anything you’ve felt before. What will your Ethos be?
Serious Help
for Pressure Injuries

Aquila Automatic Cushions have been proven to heal all stages of pressure injuries while you sit.

Every cushion is custom built for each client to provide the best possible outcome.

Insist on the Best, Insist on Aquila.

- Aquila improved a stage 4 pressure sore from 378 cubic cm down to 7 cubic cm in 6 months while sitting on a SofTech 12 hours per day.

If you suffer from pressure injuries, call today for details or to place an order.

We have 20 years of expertise to help you.

AquilaCORPORATION
Seat Cushion Systems

HCPCS code E2609

AquilaCorp.com  866-782-9658
Once his initial rehab was over, Thomas, 26, was determined to get out and about and meet friends. The only issue was his injury meant a caregiver, friend, or relative had to help him catheterize. He explains: “I couldn’t be spontaneous – it was like an anchor keeping me down.”

From the start, Thomas preferred intermittent catheters and felt they offered more control than an indwelling product. But the problem was finding one he could open himself. He adds: “My occupational therapist suggested SpeediCath Compact Set, but I couldn’t open it at first. But I tried with the Dycem gripper and I could do it. It was exciting – to actually have it work and to know that I could do it made me happy.”

Thomas got his driver’s license around the same time as he started using SpeediCath Compact Set and he identifies that as the time things started to turn around for him on a personal level. He continues: “Now I don’t have to ask my friends or family to take time out of their day to come and help me. I feel more like I did before – an independent 26-year-old man.”

It’s now the only product he uses when catheterizing himself and Thomas is particularly happy about its discreet size and the hydrophilic coating, which makes the catheter pre-lubricated. He goes on: “The reason it’s so much easier is there are so few steps involved – you don’t have to lubricate it, or push through the bag. The catheter’s already out so you just put it right in and you’re good to go.”

“It’s easier to keep more of them in a bag, and they’re easier to handle and use. It goes into the bladder easier and with less resistance, and the handles on the bag are useful.”

For Thomas, just 15 months after his injury, his focus is still firmly on his rehab. He’s taking part in the Activity-Based Locomotor Exercise (ABLE) program close to his home in Minnesota and is beginning to think about looking for his own apartment. And with SpeediCath Compact Set, he has found a product that is playing a key role in improving his quality of life. He concludes: “Now I can do things on my own and take care of myself, which is a good feeling.”

After his accident, Thomas had to rely on other people to help him catheterize. With SpeediCath® Compact Set, he’s gotten back his independence.**

** Individual results may vary.

About SpeediCath Compact Set
SpeediCath Compact Set is an all-in-one catheter and bag solution. Rated easy to use by 88% of users¹, SpeediCath Compact Set is designed for everyday use both in and out of the home.

The innovative design means the catheter can easily be kept in a pocket or handbag.

Find out more and get a FREE sample at www.coloplast.us/newmobility or call 1-855-385-3991

SpeediCath Compact Set is available by prescription only.

---

¹ Product evaluation of SpeediCath® Compact Set, response from 70 HCPs and 550 end-users, Feb. to April 2013.

*Thomas is a SpeediCath® Compact Set user who has received compensation from Coloplast to provide this information.

** Individual results may vary.

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2019 Coloplast Corp. All rights reserved.
CONTENTS
Issue 314 - November 2019

CONSUMER GUIDE

7 ADAPTATIONS, TOOLS & TECH
GEAR HACKS: Invent your way to greater independence with some simple home solutions. BY SETH MCBRIDE
BEAT BEDREST: Maximize your time spent in bed with these products and ideas. BY BROOK MCCALL
FREEDOM BED: For people worried about skin issues and turning, the Freedom Bed could live up to its name. BY IAN RUDER
VIDEO DOORBELLS: Reviews of the latest from Nest and Ring. BY SONNY ALI

16 HEALTH & HYGIENE
ME AND MY OBI: The true story of a man and his handy feeding robot. BY JOHN BEER
FOOD & MOOD: Avoid depression with these simple diet ideas. BY JOANNE SMITH

23 FITNESS & SPORTS
PARA KARATE: A passion rediscovered, a purpose found. No kicks needed. BY STEPHANIE ARRACHE
MUSCLE STIM MADE EASY: Powerdot is changing the e-stim game. BY SETH MCBRIDE

31 MOBILITY & SEATING
MOUNT THIS: Stay active with the latest options for mounting products to your chair. BY IAN RUDER
MOBILITY ROUNDUP: Chairs, seats, wheels — see what’s new, cool and on the market. BY BOB VOGEL

41 DISABILITY SERVICES
CITIZEN SCIENCE: Play a fun, integral role helping scientists and researchers solve the world’s problems. BY PAULA LARSON
EMPLOYMENT: The American Association of People with Disabilities unveils the best places to work, and BraunAbility launches its Drive for Inclusion. BY JOSIE BYZEK
SCITRIALS.ORG: Finding an SCI clinical trial that’s right for you has never been easier. BY JOSIE BYZEK

49 AUTOMOTIVE
LIVE THE #VANLIFE: What you need to live on the road. BY KIRK WILLIAMS

55 DISABILITY MEDIA
SUBMERGED: A look behind the scenes of a new film documenting one woman’s quest to find herself after SCI. BY TEAL SHERER
A TABLE WITH TALES TO TELL

On the surface, there’s nothing remarkable about the adjustable-height table that sits near the foot of my bed. The stainless-steel frame and faux wood plastic surface look like pretty much every other rolling bedside table I’ve seen. Except for a little warping on the top and some ingrained rust and dirt on the H-shaped base, it appears to be in good enough condition to pass for new-ish. It’s only when you try to roll the table that it betrays its age.

Instead of freely swinging in the desired direction, the casters dig into the floor and resist. Thick mats of dirt-encrusted hair block any movement and grip the floor like claws. The hardwood is streaked with black skid marks showing our previous battles.

I can’t find replacement casters, and the smart thing to do would probably be to scrap the old table and get a new, better one, but I can’t bring myself to do it. We’ve been through too much together.

The table has been with me from the beginning. When I came home from rehab 21 years ago, it was sitting there in a box. I actually remember opening it and assembling it. Not that getting a hospital table is particularly exciting, but it definitely drove home that living with an SCI was my new reality.

Every other morning since, I’ve rolled under the table and settled in for my morning routine. That’s around 3,800 morning routines. At two hours a pop that means we’ve spent the equivalent of 45 full weeks together — that’s more than many relationships — just me and my table; reading the newspaper, watching shows on my iPad, playing that stupid tower defense game ...

If the table could talk, oh the stories it could tell. All the caregivers — the good, the bad and the crazy. The litany of medical mishaps and frustrations. The highs, the lows and the times things were just pretty normal.

“Getting a hospital table isn’t particularly exciting, but it definitely drove home that living with an SCI was my new reality.”

Almost all the other equipment from my early SCI days has moved on, whether it be to DME heaven, a friend or fellow wheelchair user, or, most likely, the dump. I have a box filled with partially-used tape rolls and a hodgepodge of dressings, bandages and other wound care fun, but that’s about it.

It feels odd to harbor any emotional tie to a piece of equipment — especially one as mundane as a hospital table that I didn’t even choose — but I’d be lying if I said my mind doesn’t flash back over the thousands of hours I’ve spent using the table every time its wonky wheels lurch across the floor.

So I take good care of it; bleach-wiping the surfaces, keeping the rust on the base in check and greasing the adjustable shaft to ensure it still goes up and down. And whenever I visit a good, new hardware store I peek at the caster selection, hoping that maybe — just maybe — they’ll have the type my table needs.
IT’S THE COMPLETE PACKAGE!

BEST Power Wheelchair
Alltrack R3 Hybrid* Outdoor

* Its standard equivalent won 2014 ATP & Clinician Best Picks award

DESIGNED FOR STABILITY,
INSPIRED BY COMFORT,
BUILT TO LAST

You deserve the best. Never underestimate the lifestyle you can achieve. This package will take you where you want to go and beyond.
United Spinal Association knows that disability is a shared experience that affects you, your family, friends and communities. Fortunately, we are stronger together, and United Spinal brings decades of expertise to help: information, peer mentoring, advocacy and much more. Become a member today and Share the Journey.

Hear Robert’s story and discover QUICKIE 2 at...
www.SunriseMedical.com/MYQ2

I’m Rob
My PASSION is family, coaching, friends and my community.
MY 6th QUICKIE® 2 is matte black, 60° swing-away footrest, upholstery back, flip-up footplates, removable height-adjustable armrests, JAY ion® cushion, 8” casters, 24” mag wheels with anodized handrims, airless insert tires and quick release axles.

JOIN US
United Spinal Association knows that disability is a shared experience that affects you, your family, friends and communities. Fortunately, we are stronger together, and United Spinal brings decades of expertise to help: information, peer mentoring, advocacy and much more. Become a member today and Share the Journey.

800.404.2898 • unitedspinal.org
ADAPTATIONS, TOOLS & TECH

Make your life easier and maximize your productivity with these products, ideas and resources.

FREEDOM FLOW™
Improved Independence. The Freedom Flow™ is a wireless leg bag emptier designed for additional independence during your private moments. The Freedom Flow™ is mobile, discreet, lightweight, rechargeable, wireless and silent. You can learn more about this easy to use product at www.freedom-flow.com

Available from DYNALLOY, Inc., 714/436-1206
www.freedom-flow.com

THE MIGHTY 400 POOL LIFT
The Mighty 400 is UL Certified and provides versatility and accessibility solutions with a water draft of 12 inches and a setback up to 44 inches. A variety of powder coat and plastic color options are available. The Mighty 400 comes with a 5-year structural and 5-year prorated electronics warranty.

Available from Aqua Creek Products, 406/549-0769 or https://aquacreekproducts.com

OPEN SESAME OPERATOR
Open Sesame automatic door openers give complete independence to enter/exit a residential or public/light commercial door. This system unlatches a locked door, opens, pauses and closes it — all automatically. This remote controlled door opener can be operated with a variety of wheelchair mounted remotes customized to accommodate almost any physical disability.

Available from Open Sesame Door Systems Inc., 800/673-6911
www.opensesamedoor.com
I’ve been writing this column for close to two years now, and I officially have a new favorite gear hack. It involves spatulas and serving spoons, and it comes courtesy of Tyler Schrenk, a C1 quad and inventive tinkerer. We’ve covered Schrenk and some of his adaptations in New Mobility before (Live Well, February 2019), but I wanted to dig a little deeper about how he adapts and invents with his limited hand and arm function.

The spatulas came up when I asked him where his process usually starts. “I don’t think, ‘What are some crazy, cool ideas?’ It’s mainly based off what I need to be independent,” he says. “A lot of this is so simple. Like with eating, I just mounted some spatulas and spoons to my wall, and I drive up and take bites off them. That allows me to eat when I’m by myself.”

Brilliant. The reason I love this hack is that it gets to the essence of Gear Hacks: showing that accessibility modifications don’t need to be complicated or expensive — they just need to solve a problem. For wheelchair users, the process of DIY inventing and adapting often follows the premise of “user-centric design,” which puts the need, rather than the product, at the core of the design focus. I asked Schrenk to share his process, and what he came back with jumps right off the page of design textbooks.

Start with a Need
Ask yourself, “What task do I want to be able to complete more independently or with greater ease or efficiency?” Then break down that task into its component pieces; this is a critical, if easily overlooked, part of the design process. What parts of a task can you already do? What parts do you need assistance with?

Take getting a bite of food to your mouth. Schrenk can open his mouth, chomp, chew and swallow. He can move his head on a limited plane and move his body using his wheelchair. Focusing on those abilities allowed him to design a much simpler solution than a robotic feeding arm or something similar. Instead of needing an apparatus to take a bite of food from a bowl or plate to his mouth, he just needed a way to elevate his food to a location he could roll up to and bite from.

Generate and Research Ideas
Before designing anything new, Schrenk likes to brainstorm alternative uses for products and devices he already has around his house. Spatulas and serving spoons already do a good job of holding food — no need to reinvent there. What was a big problem now essentially boils down to securement: How do I secure these apparatuses at a height and angle that works for me?

Schrenk will keep a problem marinating in his head — letting ideas come to him, then going to the computer to research the feasibility of various solutions to decide whether they’re worth pursuing or discarding. It can take months before he finally has an idea worth moving to prototype stage.

Prototype
We often think of the making as the core of inventing or adapting, but it’s just a small part of the overall process. And really, making a physical product is just one part of the prototyping process. Prototyping starts with sketching out your idea into graphic form. What once was done with pencil and paper is now often done in the digital realm, a boon for those with limited or no hand function. An eye-tracking or sip-and-puff mouse and a free CAD program like TinkerCad, Sketchup or many others can give you everything you need to produce reliable renderings of your ideas.

Schrenk is lucky enough to have a mechanical engineer for a brother, and he does the making/manufacturing for most of Schrenk’s projects. But finding someone who is willing and capable to help out is easier than ever, thanks to organizations like Makers Making Change, which will help connect disabled designers with makers willing to help with projects. Many of the communication skills used to direct personal assistants are the same you’ll need to help a maker “see” your idea the way you do.

For the self-eating project, Schrenk was able to repurpose the serving utensils, a telescoping pole and some gooseneck arms that he’d been using to hold other items around his house. The only part that had to be made was a mounting board, a piece of trim wood that his brother cut and screwed into the kitchen wall so they could clamp the arms at the right height.

Test, Fail, Redesign, Test Again
Like life in general, failure is a valuable part of the design process. It lets you see what works and what doesn’t as you progress toward your goal. After prototyping, part of your idea or the system as a whole will probably fail. Don’t be discouraged — new technologies NEVER work perfectly the first time around.

Schrenk’s simple spatula holder started
as an even simpler idea. “At first, I thought about just cutting out holes in a cardboard box and setting [the spoons held in the box] on my shelf,” he says. He realized that wouldn’t be stable enough, so he went back to the idea stage. Testing can send you back to generate ideas multiple times, and that often just leads to a prototype that needs tweaking to work as you’d envisioned. Sure, it can be frustrating, but the process of slowly chipping away at a puzzle, evolving an idea until it finally works is incredibly satisfying.

Schrenk has made a movement out of his passion by running the TSF Foundation, which is dedicated to facilitating independence through assistive technologies. A lot of the hacking he does involves modern electronics — like using an Alexa speaker to open your front door or control the thermostat.

Whatever the level of technology and whatever your function, the hacking process stays remarkably similar — it’s all about breaking down the things you want to do into manageable chunks, and then finding, adapting or making a tool to get you past the trouble spots.

Mounting spoons and spatulas is a simple, yet ingenious, idea that lets Schrenk grab quick bites throughout the day.

**ADAPTATIONS, TOOLS & TECH**

**E-Z PULL DOOR CLOSER**
An assistive device that allows wheelchair, walker and scooter users to close a door behind them when the doorknob is out of reach. Easy to install. Made from clear polycarbonate, so it blends in with any decor. Invented and produced by a T9 para vet!

*Available from Swervin Earl Productions Inc., 941/456-0815 or www.e-zpulldoor.com*

**PHASE II HYBRID FORKS**
Phase II Forks are designed to give you the smoothest ride and eliminate pitching from your chair. When combined with our uniquely designed spherical front wheels and innovative hair shields, this complete system will revolutionize your chair. No more watching the ground to avoid bumps. Look up and enjoy life.

*Available from Frog Legs, 800/922-2129 www.FrogLegsInc.com*
**OBI ROBOT**

Obi is a robotic device that provides a more independent, relaxed, and social dining experience for individuals that lack upper extremity function. Diners operate Obi through the use of accessibility switches (including Sip-n-Puff) that control food selection and delivery to the mouth. Funding and reimbursement options available.

*Available from DESIN, LLC, 844/435-7624 or www.MeetObi.com*

---

**INTIMATERIDER P/N 7100**

The IntimateRider provides physical intimacy strengthening for the disabled. Requiring only the motion of your upper torso, IntimateRider and IntimateRider High Back are comfortable and easy to use. Our sexual mobility devices are versatile, providing you a broad range of motion to enhance your sexual performance in whatever way you decide to use it.

*Available from IntimateRider, 952/873-6136 or www.intimaterider.com/intimaterider/intimaterider-products/7100*

---

**PANT HOOK**

Pant Hook is an adaptive aid that keeps your pants out of the way while catheterizing from a wheelchair. The paddle simply slides between the chair bottom and seat cushion, and the hook is oriented to hook the waistband of your pants or underwear when you pull it up to your garment.

*Available from Adversity Solutions, 616/822-1134 or www.panthook.com*

---

**AUTOMATIC DOOR OPENERS**

Specifically designed for residential use, the Model 2300 automatic door opener is the perfect solution for any door that is difficult to navigate in a wheelchair. Use of a remote activates the system to automatically open and close the door, securing it afterwards for added safety. The unit easily retrofits to most existing doors and allows for manual operation.

*Available from Power Access Corporation, 800/344-0088 or www.power-access.com*
My adjustable bed broke recently. When the motor died, so did my ability to sit up anywhere outside of my chair. At first, I wasn’t worried since I sleep in pancake-flat hotel beds regularly and get along OK. Within 48 hours, my attitude changed. I started feeling more pain and noticed a steep drop-off in my productivity due to fatigue. For me, this was an important realization about my daily routine and how much extra I am able to get done on my laptop and phone from the comfort of my mattress.

There is a stigma that bed is a place for laziness, but in our lives, that just isn’t true. We have to be careful with our bodies and our energy, and sometimes that means a choice or requirement of getting out of our chairs and lying down. With the connectivity modern devices bring and the advances in positioning and exercise equipment, there is no need to fall behind just because you are stuck in bed.

**Stuck in Bed, Struck by Inspiration**

With spinal cord injury, sometimes staying in bed isn’t a choice, but a doctor’s order. Therapist Kris Cordero isn’t letting another stint on bedrest get him down. Having dealt with a larger ischial wound and surgeries in the past, the Oklahoma native is approaching his current bed “rest” as a bed “get things done.” Cordero is using his time to make progress on a book, study for the National Counselor Examination and manage social media for a number of businesses, just as he would from his chair. Cordero notes, “If you figure out what you’re passionate about and educate yourself, you can do so much on bed rest. There is a lot of self-discovery that can occur when you are down for a prolonged period of time.”

For Cordero, a C5-6 quad, having the proper equipment is the key to his productivity. To set up his “bed office,” Cordero utilizes a PWR+ adjustable laptop stand with accordion risers that sit directly on his bed and straddle his hips. The stand brings his iPad or MacBook up to a level where he can both comfortably look down at the screen and use his typing aids. I can’t sit up as tall as Cordero, so I use a similar over-bed table set up like the Horizontal Computing System ergonomic laptop stand that allows for extra positioning height flexibility and stability, in case of spasms.

As an iOS guy, Cordero loves the connectivity of his Apple products. “When I’m working on a project, I can take advantage of the cloud and have multiple platforms to work off of. My Apple TV is located on the wall across from my bed and allows me to watch shows while I get things done. When I have friends come over to collaborate, I can use AirPlay to make my TV an extra monitor and projection device to help me multitask and be efficient,” says Cordero.

**Of Mice and Wheelers**

Using a computer or tablet in bed can be tricky for anyone, but the difficulty is magnified for those of us with limited or no arm and/or hand function. A good dictation program and a headset can solve some problems, but navigating with a mouse can be tedious. Here are some hands-free options to help you maximize your productivity.

**LipSync:** A great option if you are looking to save money, LipSync is a sleek mouth-operated sip-and-puff joystick that you can 3D print for less than $300 in materials. Works with Android and Windows, but not iOS. makersmakingchange.com/project/lipsync

**Jouse:** With Jouse3, Jouse+ and JouseLite, Compusult offers varying levels of sip-and-puff functionality to suit your needs, from the loaded Jouse3 to the lightweight Jouse+. Jouse3 and Jouse+ start at $1,495 and JouseLite is $995. Works with Android, Windows and iOS. Compusult.com

**QuadJoy:** Developed by a quad 25 years ago, the QuadJoy mouth-controlled mouse is still going strong thanks to its customizability and ease of use. The QuadJoy 3 starts at $1,398.60. Works with Android, Windows and iOS. Quadjoy.io

**Quha Zono:** Billed as the “only wireless gyroscopic mouse” designed for people with disabilities, the Quha Zono eschews the sip-and-puff approach for a small, lightweight device that sits over your ear and operates the mouse based on your head movements. Works with Android, Windows and iOS (adapter available). Retail for $999. Quha.com

— Ian Ruder
Working Things Out
Many of us start our days with stretching in place before getting up, but there is potential to do far more in terms of exercising in bed. Tracee Tubbe, a C4-6 quad from the Pacific Northwest, has relied on resting in bed on and off throughout the day to address pain and fatigue since a cervical spine surgery last year. To stay in shape, she uses her SANXIA arm cycle right from bed. After she is propped up with pillows, the bike is placed on a lap table where she can comfortably use Sammons Preston Grasping Cuffs to grip the pedals and crank away. “It makes me feel good to get my muscles moving and work toward my strength goals by continuing to use the arm cycle and resistance bands to exercise outside of my chair. They have helped me regain some of the strength in my arms I had lost,” says Tubbe.

Mindfulness and exercise also help Cordero during his long stints in bed. “Bedrest would be incredibly difficult without any projects. Keeping my fitness and work routine helps with isolation and anxiety,” he says. To maintain physical fitness, Cordero uses Active Hands wrist cuffs with a D-ring and 30-pound resistance bands. “I tie them to the end of my bed and go for high repetition, medium weight, and multiple exercises,” he says. The BedGym offers a similar exercise band setup that encircles your mattress and can be used for Pilates-like weight training and stretching of all four limbs.

Bed, Unbound
When I’m healthy and have a busy schedule, it’s easy to fantasize about a little unoccupied free time as an excuse to catch up on things like reading, sorting through digital photos, or even watching that movie I was dying to see last year. Rethinking my necessary downtime as an opportunity to put my feet up and rejuvenate while still using tools to cross things off my to do list alleviates boredom and lessens my injury-related frustrations. In fact, I wrote this article surrounded by pillows in my new bed while recuperating from a busy week of travel. My ability to still meet my deadline was a nice reminder that being sidelined doesn’t mean I have to take myself completely out of the game.

Resources
- Apple, apple.com
- PWR+ Table, pwr-plus.com
- Horizontal Computing Table, horizontalcomputing.com
- Active Hands, activehands.com
- Theraband D-ring handles, theraband.com
- BedGym, bedgym.com
- Sammons Preston grasping cuff, 4mdmedical.com/grasping-cuff-with-wrist-support.html
- Portable exercise bike pedals available from SANXIA on Amazon, amazon.com/dp/B07X8NFTY8/ref=nav_time-line_asin?_encoding=UTF8&psc=1

AWARD-WINNING DESIGN
2019 Ultralight Manual Wheelchair Winner

The Veloce has won an award from Mobility Management honoring outstanding product and technology development in the Ultralight Manual Wheelchair category.

Earlier this year, the Veloce garnered international recognition by winning a prestigious Red Dot award for product design.

Contact your local wheelchair dealer for more information: motioncomposites.com
T
ruth in advertising seems about as relevant today as a trusty Sony Walkman or a rotary phone, but hearing users of the Freedom Bed rave about the independence it has brought them makes you think it might still exist.

“Thanks to the Freedom Bed I’m able to work, read, move around and do everything I need from bed,” says Wes Price, a C3-4 quad who splits his time between Oregon and Alaska. “It offers me almost the same freedom in bed that I have in my chair.”

In fact, Price found the Freedom Bed to be such a game changer that he bought a second one so he could have one in both his homes — no small feat when one costs upwards of $40,000. Price urges those who might be dissuaded by the high price tag to give the bed a closer look, as it offers a number of unique features that have been liberating for him and other users.

The Freedom Bed was designed by ProBed Medical to make it easier for people to reposition themselves and avoid pressure sores and other complications possible from spending time prone in bed. The bed allows users to program and adjust the exact angles and frequency of left and right rotations and then executes the repositioning independently. Being able to rely on the bed for turning has been a lifesaver for Steve Jenkins, who has been battling neurological pain and pressure sores since he was paralyzed by transverse myelitis four years ago.

“My bedsores were really giving me a run for my money, and I just never seemed to be able to get the upper hand,” he says. “I had a conventional bed with a foam mattress, and I had to basically spend most of my day on my side to have any chance at all of getting those sores to heal. But I can’t sleep on my side comfortably, and I just never was able to really make any progress.”

After looking at various alternating pressure mattresses and other options, Jenkins settled on the Freedom Bed and started using it this spring. “It’s very simple,” he says. “As soon as I begin to get sleepy, I turn the thing on and I have it turn me to the left for 20 minutes, bring me flat for 20, and turn me to the right for 20. You can adjust the angle at which it turns you. You can do just about anything by way of customizing it.”

He credits the bed with saving his wife’s back and easing his caregivers’ load, helping his sores heal and reminding him what a good night’s sleep is. “I was sure it would drive me nuts turning in the night, but I’m pretty sure it never wakes me up,” he says. “I think I sleep better now than I ever did.”

Price agrees about sleep quality and has been equally surprised by the bed’s ability to help maximize his productivity while he is awake. Thanks to an optional integrated voice control device, Price is able to control his entire home — lights, garage door, TV — by voice from his bed. To up the ante even further, he mounted his computer to the frame. “The world is my oyster,” he says.

Jenkins has no complaints about what he calls “a wonderful product” and is thankful he and his wife invested in long term health care insurance over 25 years ago. “It saved our lives, and it paid for the bed,” he says.

While Medicare does not cover the Freedom Bed, many commercial insurance policies will, according to Stephen Plummer, ProBed’s president and CEO. ProBed has a legal team who will help prospective clients build cases. “If a claim gets denied but it looks like legitimate claim and not a fair denial, we’ll fight it,” he says.

For more on pricing and options, see pro-bed.com.

In addition to staving off pressure wounds, Wes Price’s bed lets him control his TV, lights and other electronics.
Whether you use a wheelchair or not, there are times you simply can’t get to the door quickly enough when a visitor arrives. If you do use a wheelchair, or have a disability, there are a number of added reasons why promptly answering may not be possible. Say you’re waiting for your morning caregiver in bed, stuck in the bathroom, or simply out of your chair and too tired to transfer and push to the door — previously you were out of luck. Now, thanks to smart video doorbells, you can see and talk with whomever is at your door using an array of smart devices and then decide whether to let them in or not.

“This product allows me to keep an eye on my kids playing ball in the court.”

I’ve tested Amazon’s Ring Video Doorbell Pro ($249) and Google’s Nest Hello ($229), two of the most popular video doorbells, and both products have been great. They have similar interfaces and options, but they use different voice commands. For example, if you have Amazon Fire TV, Ring will display your front door if you say, “Alexa, show me the front door.” With Nest Hello, you can do the same by connecting a Google Chromecast to your TV. Nest’s voice command is, “Hey Google, show me the front door.”

In terms of video, both offer high definition feeds, but Ring’s resolution is slightly higher: 1,920 by 1,080 versus 1,600 by 1,200 for Nest, and Ring’s view is wider thanks to its 16:9 ratio (Nest has a 4:3 display). Both offer cloud recording, allowing you to see who comes to your door after the fact, but each takes a slightly different approach. Nest records 24/7, whereas Ring only records when motion is sensed or if the doorbell button is pushed. Nest comes with one year of cloud recording, then charges $150 per year for a comparable cloud recording plan, with each additional Nest camera adding $15 per year. Nest comes with a 30-day free trial and then costs $99/year for unlimited devices at one address.

Once set up, you will receive notifications on your device of choice whenever anyone triggers the motion sensor. Then you can see a live video stream of who’s there and talk with them. If you miss a visitor, the devices will record and time stamp their arrival so you can see who it was at your convenience.

If you’re not near your TV, you can get the same notifications on your smartphone, tablet or video-enabled smart home assistant. The apps that support them are available on the Apple App Store as well as Google Play.

Both Ring and Nest have many add-ons beyond just video doorbells. Both have indoor and outdoor video cameras that integrate with your doorbell and app. Ring also provides Smart Lighting, a security lighting solution triggered by motion or sound. In addition to your video doorbell, you can install floodlights, spotlights, pathlights and motion sensors.

In addition to my Doorbell Pro, I have one Ring Spotlight Camera above my garage and one in the backyard. This allows me to keep an eye on my kids playing ball in the court or kayaking on the lake. All of the cameras are HD and include two-way audio, which allows me to communicate with my kids from the comfort of my living room. Nest Hello has similar options.

**Purchase and Installation**

Before buying a video doorbell, make sure your Wi-Fi signal is strong where you want to install it. The stronger your Wi-Fi signal is at the doorbell, the better your overall experience will be in viewing the video feed of who’s at your
door, and the crisper the audio feed will be between you and your visitor. Don’t be afraid to move your wireless router around to achieve the best Wi-Fi signal for your video doorbell.

For either product, the installation is simple and straightforward. I highly recommend a professional installation if you can’t reach your doorbell’s chime box (often mounted 8 or 9 feet high on an internal wall). Ring’s professional installation was $59, and Nest’s was $75.

After the physical installation was completed, I downloaded the app to my phone and tablet. The app will walk you through the initial configuration, including how to add it to your home’s Wi-Fi, set up motion activated zones, have notifications sent to your phone, as well as recording and archiving options. Ring and Nest offer paid annual subscriptions to allow unlimited cloud recording.

**Which is right for you?**

Which will work best for you will likely depend on what products are currently in your home. If you already have Amazon Echo and Fire TV, then the Ring Video Doorbell Pro will work best for you. However, if you have Google Home and Chromecast, then the Nest Hello will work best for you. If you’re somewhere in the middle, have an iPhone, Fire TV, Chromecast, and a Google Home, then you’re already in a hybrid ecosystem. You can choose either video doorbell based on specs and annual subscription plans.

**Resources**

- Ring Video Doorbell Pro, $249, ring.com
- Nest Hello, $229, store.google.com/us/product/nest_hello_doorbell

---

**Three models with hundreds of Hi-Low Adjustable Bed combinations to choose from!**

![Three models images]

- **MOBILE SERIES**
  - Twin Size (without mattress)
  - Mission Style / Espresso

- **SIGNATURE SERIES**
  - Queen Size (without mattress)
  - Raised Panel / Mahogany (with 24” assist rails)

- **PLATFORM SERIES**
  - Queen Size (without mattress)
  - Raised Panel / Cherry (with 24” assist rails)

Enjoy many hospital bed features without looking like one! Perfect for you or the ones you care for, allowing more comfort while reading, watching TV or relaxing.

**Hi-Low feature** for adjusting mattress heights
- Assist rails are available in two sizes 12” and 24”
- Quiet remote-controlled operation
- Twin, full, queen, split-king or custom sizes
- Exclusive headboards and footboards
- Signature Series may retrofit existing bed surrounds
- Several mattress options or maybe use your own

**DOWNLOAD MODEL INFORMATION AT ASSUREDCOMFORTBED.COM**

Bassett, VA - Call 866-852-2337 or email: customercare@AssuredComfortBed.com

Insurance coverage will vary. Your DME may be able to assist you with availability.
HEALTH & HYGIENE

If cleanliness is next to godliness, why not deify yourself by using the best products?

QUANTUM Q100 BATH CHAIR

The Quantum Q100 series chair incorporates high strength Medical grade PVC, fiberglass injection molded closed cell foam seating and stainless steel in its construction. Lightweight design is great for travel and durable enough for years of everyday use. New seating is pressure mapped providing 25 percent better pressure relief. Flat or Commode style seats available.

Available from Apex Designs, 800/851-1122 or www.apexeq.com

MEN’S LIBERTY

Men can stay dry 24/7. Urinary incontinence is a normal part of life after a spinal cord injury. Men’s Liberty is a non-catheter alternative that allows you to stay comfortable, independent and feel in control. Covered by over 3,000 insurance plans and available to most for little to no cost. (Standard deductibles apply).

Available from BioDerm, Inc., 800/814-3174 or www.MensLiberty.com

CEO-TWO LAXATIVE SUPPOSITORIES

CEO-TWO® Laxative Suppositories combine sodium bicarbonate and potassium bitartrate in a polyethylene glycol base. Upon insertion, the pre-moistened suppository reacts with moisture to produce carbon dioxide gas, which gently expands the lower bowel and creates a reflex stimulation resulting in an urge to empty the lower bowel within 30 minutes.

Available from Beutlich Pharmaceuticals, LLC, 800/238-8542 or www.beutlich.com
ME AND MY OBI: A REPORT CARD FOR A SIMPLE, POWERFUL EATING AID

By John Beer

It will be my wife’s birthday soon. We’ll probably make her favorite dinner, light some candles and set the music right. Then she’s going to set me up with Obi and leave us alone together. It’s this arrangement we’ve got. Obi is a cutie. She treats me like I’m the only man in the world. She even feeds me.

Before your sick mind gets going, know that Obi is a robotic eating aid, and besides my wheelchair and van, she’s the best thing I own. It’s true that robots will one day be our overlords, but they have to take baby steps first, like spooning me food. It’s a long game they’re playing, but I go along, because if you put good enough food in my mouth, I’m down with just about anything. With my Obi’s third birthday looming, I thought I’d reflect on how she has changed my life.

The Obi is a simple yet savvy way to help people with disabilities be themselves. That sounds cheesy, but eating is important and it’s nice to be able to choose what and when you eat, or if you want to cut yourself and your caregiver a break by eating all on your lonesome — suddenly these choices are yours again.

I first saw the Obi at the 2016 Chicago Abilities Expo. A more-established mechanical eating aid was on display next door to it. The booth for the competition, on the other hand, was pretty quiet, with no people around. The Obi exhibit was full of patrons eager to see the new device.

That other eating aid was several times more expensive than the Obi, and at the time, neither was covered by insurance. Obi’s design is beautiful, not only non-institutional and pleasing to the eye — a young friend noticed Obi looks like Luxo Jr., the hopping lamp mascot at the beginnings of Pixar movies — but so easy to use. Here is a sophisticated machine that requires no time at all to learn and operate. It is a robotic arm with a spoon attached, mounted on a small platform (17-by-12-by-3 inches, and only 7.5 pounds) with a plastic tray overlay molded with four bowls, and a pair of touch sensors for you. That’s it.

The sensors can be buttons, touchpads or any other switch needed. These can be placed on the table, in your lap, under your feet, wherever. One button moves the spoon from bowl to bowl, and the other tells it to scoop and feed. The robot even pushes food down to the middle of the bowl and scrapes the spoon along the edge of the bowl to minimize dripping.

I’ve had MS so long I’ve got barnacles and am pretty much down to one arm with no finger movement. I interface with Obi through a pair of touchpads. We set them on my lap and bobby-pin them to a square of eggcrate foam that

With/Without Obi

*Without the Obi:* Diner and caregiver in each other’s faces, bringing any moods from the day along with them. There are all kinds of opportunities for miscommunication in this simple transaction.

*With the Obi:* Blessed time apart, breathing space.

*Without the Obi:* Eating is a dependency relationship, even if a well-meaning one.

*With the Obi:* You feed yourself.

*Without the Obi:* Eating is sometimes rushed, with two separate minds at work, bringing the risk of choking or aspirating food.

*With the Obi:* Eating at one’s leisure, daydreaming or watching TV, or hey, burping without having to excuse yourself.

The author enjoys independently eating a meal.
won’t skate away from me. My wife fills the bowls, presses the Set button and then holds down a Memory button while she positions the spoon at its target, i.e., my big mouth. All done, and she’s off for some sweet solitude. That utter simplicity is still a wonder to us. No phonebook-sized manuals, only charge it and go.

The Obi handles most foods, although you have to experiment because some dishes work better in the spoon than others. (I’ve posted on thewheeledwonder.wordpress.com a nitty-gritty of foods and workarounds for Obi.) Some meals go perfectly, while you end up wearing others on your sleeve. A couple of dropped bits on your lap napkin is nothing for what you get here.

After three years, the thing still works like it came out of the box. Only once, three months in, the spoon somehow got hung up while digging in bowl number two, snapping off a plastic piece where the spoon mounted to the arm. I remember being slightly chuffed about the bare-bones website and wrote the email address provided.

The director of customer service was traveling but responded in no-time-flat. A couple of days later, I received not one replacement spoon but several, with simple printed instructions for making an easy but necessary adjustment. To be sure all went well, customer service set up a phone call with the tech vice president who helped develop the device. The design flaw never reappeared, and it has been smooth eating ever since.

The Obi costs real money, $5,950. I’ve not yet found the case where Medicare covers it, but Medicaid has covered at least one unit, in Missoula, Montana. Obi has just been listed with a federal GSA contract, to help get it to veterans. The manufacturer offers rental and lease-to-buy options, as well as other funding alternatives. My hope is that the more popular Obi becomes, the more likely it gets picked up by Medicare, and once Medicare covers it, everyone will.

In the meantime, putting out that kind of money for a relatively recent device is scary; it was for me. That’s why I wrote this review, to say that I took the step and found it worthwhile. I have no connection to the company, other than as happy customer.

Find Obi on Facebook or at meetObi.com. John Beer blogs at thewheeledwonder.wordpress.com.

**HEALTH & HYGIENE**

**BATHMOBILE**

BathMobile is a modular, shower commode chair that is easily moved in your home or quickly disassembled for traveling. Height-adjustable, rotating seat, flip-up arms, locking 5-inch casters, there are a lot of features built in. With lightweight plastic construction and optional cushions, BathMobile provides the comfort you are accustomed to.

Available from Clarke Health Care Products, 888/347-4537 or http://clarkehealthcare.com/products/seatara/bathmobile-shower-chair/

**MAGIC BULLET SUPPOSITORY**

Faster acting, safe and sure 10mg bisacodyl suppository. The Magic Bullet®, stimulates the bowel with its water soluble (polyethel glycol) base, which causes the bisacodyl to disperse within minutes after insertion. The Magic Bullet® is designed to help minimize the cost and excessive time involved in most bowel programs.

Available from Concepts In Confidence, 561/369-1700 or www.conceptsinconfidence.com
HEALTH & HYGIENE

GO-ANYWHERE CHAIRS
These unique products enable people with physical disabilities and their families to travel wherever they’d like to go, whenever they want to go. Completely portable, these commode/shower chairs pack-away quickly and easily in their wheeled travel bags. Convenient and lightweight GO-Anywhere Chairs are safe, durable, easy to use, comfortable and maintenance-free. We ship worldwide and customer service is second to none!

Available from GO! Mobility Solutions, 800/359-4021 or www.GoesAnywhere.com

ONLI INTERMITTENT CATHETER
Onli Ready to use hydrophilic intermittent catheters are designed for easy, everyday use. Easy open packaging delivers a mess-free, hassle-free experience. The catheter provides a balance of flexibility and rigidity for ease of insertion. The ergonomic gripper on the 16” catheter provides better control. Ready. Simple.

Available from Hollister Incorporated, 800/323-4060 or www.hollister.com/en/onli

All New Carbon Fiber
Phase II Frog Legs
Reinvented to be
• Lighter
• Smoother
• More Responsive

Get your set today at
FrogLegsInc.com
Proudly made in Iowa

Freedom Flow™
Wireless Leg Bag Emptier
Freedom Flow™ Valve
Wireless Remote
Small, Lightweight, Discrete, & Easy

More Independence Now!
www.freedom-flow.com | 714-436-1206
* Only Applies to the Contiguous United States

Free Shipping! Holiday Special Ends Dec. 31st, 2019
EAT WELL TO ENHANCE YOUR MOOD

BY JOANNE SMITH

W e all know that eating well optimizes our physical health and supports our brain function. However, most people don’t realize the influence food can have on our mood. This impact is particularly important for individuals with disabilities to be aware of because we are at higher risk of experiencing conditions such as depression and anxiety. These can negatively impact our ability to function in all areas of our lives, including school, work and relationships. Studies show that symptoms of depression may be two to 10 times more common in people living with disabilities or chronic illness. Furthermore, individuals with major depressive disorder are more likely to report co-existing anxiety disorders.

So, what’s food got to do with it? A lot. Research demonstrates that poor diet is linked to poor mental health. For example, eating fried foods or foods that contain too much refined sugar and processed grains is linked to depression. Unfortunately, the diets of people living with chronic disability often consist of these types of unhealthy foods for a multitude of reasons, including limited access to fresh produce, fatigue, decreased physical function/ability to prepare healthy meals, financial restraints and emotional binge eating habits.

Here are four simple nutrition steps you can take to not only help protect yourself from developing mood disorders but to also enhance your overall feelings of well-being.

1. Support Your Gut Health. Numerous factors connect the gastrointestinal tract to the brain, including the microbiome which is composed of trillions of bacteria. These “good” gut bacteria can have a marked effect on GABA levels in the brain. GABA is a neurotransmitter that is involved in regulating anxiety, sleep and relaxation.
   - Consume fiber rich foods such as whole grains and legumes (beans and peas) to support the growth of these healthy intestinal bacteria.
   - Take a daily probiotic supplement.
   - Eat probiotic-rich foods such as sauerkraut and yogurt.

2. Reduce Inflammation. Trauma, stress, the intake of certain medications and poor diet can contribute to the inflammation in the body. For these reasons people living with chronic conditions such as TBI and spinal cord injuries tend to have systemic inflammation. Accumulating evidence indicates that inflammatory pathways may contribute to the development of depression.
   - Eat fish two to four times a week. Fish contains omega 3 fatty acids, which have anti-inflammatory properties.
   - Take Omega 3 supplements. Studies demonstrate the anti-inflammatory effects, particularly oral administration of EPA and DHA, can be useful as therapeutic agents in disorders with an inflammatory component. (Note: Always check
• Cook with turmeric. A compound called curcumin found in this spice exerts an anti-inflammatory effect by suppressing pro-inflammatory cytokines.

3. Increase Fruits and Vegetables. A recent study revealed that eating four extra portions of fruits and vegetables can boost people’s mental health.

• Blueberries are especially high in anti-inflammatory polyphenols called anthocyanins.

4. Take Vitamin D. Canadian researchers found a strong correlation between depression and a lack of Vitamin D. Take Vitamin D supplements as directed by your health care provider.

Ready to get started? Try this mood-lifting breakfast loaded with fruit, fiber and healthy fats!

**Oatmeal with Berries and Nuts**

1 cup steel cut oats
3 cups water
Pinch sea salt
One-half cup blueberries
One-quarter cup walnuts
Drizzle pure maple syrup

Add the oats and water to a small saucepan and bring to a boil. Reduce the heat to a simmer, and let cook for about 25 minutes, or until the oats are tender enough for your liking.

Serve with berries and walnuts and drizzle with pure maple syrup.

Enjoy driving with DARIOS, the digital accelerator ring!

- Lifetime warranty
- Free at home pick-up & delivery
- DARIOS is VA accepted.

www.kempf-usa.com - 1-888-453-6738

DARIOS 211 for flat bottomed steering wheels
HEALTH & HYGIENE

VA PRO NO TOUCH CATHETER
VaPro No Touch intermittent catheters feature a combination of protective tip and sleeve that provides 100% No Touch Protection. The protective tip helps reduce the risk of carrying bacteria into the urinary tract, and the protective sleeve is proven to prevent the transmission of pathogens that may cause UTIs.

Available from Hollister Incorporated, 800/323-4060 or www.hollister.com/en/continencecare/vapro

CATHETERS AND UROLOGY SUPPLIES
We're the catheter supplier who simplifies your life. With one of the largest inventories in the U.S., we have your catheter in stock. Be sure your catheter is the best option for your specific needs with a free personalized catheter sample pack: 833/833-2540. Get the hassle-free experience you deserve!

Available from Liberator Medical Supply, 833/833-2540 or www.liberatormedical.com

MULTICHAIR MC6000
The Multichair MC6000 enables all bathroom activities with just a single transfer. Made in the USA of anodized aluminum, it won’t rust or corrode and can last for decades. Locking cantilever armrests and waterproof padded cushions add comfort, and the removable connector bridge operates with minimum effort. Modular construction provides many sizing options, and customization is available.

Available from Nuprodx Inc, 707/934-8266 or www.nuprodx.com

FERTICARE/VIBERECT
FDA approved vibrator treats erectile dysfunction and ejaculatory dysfunction in men with such conditions as SCI, brain injuries and multiple sclerosis. Sperm motility is 50 percent better than with other methods used to harvest sperm. Unisex device helps maintain/increase bladder capacity, and reduce urinary tract infections, spasticity and episodes of incontinence. It has psychological benefits associated with sexual function and continence.

Available from Orion Medicalgroup/Fertility Healthcare, 714/649-9284 or medicalvibrator.com
FITNESS & SPORTS

Get fit or discover a new way to stay in shape and have fun — there are opportunities waiting for you. Start rolling here.

CHALLENGE CIRCUIT CH7000

The CH7000 is a multipurpose workout machine with a centralized weight stack. This allows the machine to be space efficient, without compromising stability. Dozens of exercises can be performed using the hi/mid/lo independent pulleys. Fully adjustable to any user. Stations include chest press/military press, dual-function, lat pull, seated row, and much more.

Available from Apex Designs, 800/851-1122 or www.apexeq.com

POOL AND SPA LIFTS

Aquatic Access Inc., the first pool lift manufacturer, designs and builds water-powered, non-electric lifts to access in-ground and above-ground pools, spas, docks and boats. Water from a garden hose supplies all the power needed to lift a person up to 400 lbs., depending on model. Some models are independently operable. Custom bariatric lifts are available.


MIGO ACTIVITY TRACKER

MiGo is the first activity tracker designed to count the unique arm movements of wheelchair users, and it sets a unique smart goal for you every day. You also have the option to connect MiGo to your smartphone to keep track of your performance history and join collaborative groups!

Available from Flint Rehab, 800/593-5468 or www.flintrehab.com/migo
HOW KARATE CHANGED MY LIFE

BY STEPHANIE ARRACHE

There are several events from my past that I will never forget because they unquestionably changed my life for the better: the birth of my son, my wedding, the day I was sworn into the California Bar and the day I met Sensei Tamara Canedo.

I grew up doing karate. That’s an understatement. Karate, specifically a Korean style called Tang Soo Do, was my passion for much of my youth. I enjoyed playing other sports — mainly softball and swimming — but since I was born with a tumor on my spine that made my left leg completely numb and my entire lower body weaker than average, I was always at a disadvantage. I couldn’t run as fast as other kids. I couldn’t feel if my legs were together when doing the butterfly stroke and would get disqualified at meets. But in karate, I excelled. I couldn’t kick when sparring with classmates, but in this sport, I wasn’t at a disadvantage. I just got that much faster and stronger with my hands. I would win matches, and not because opponents went easy on me. I won because I became that good.

I credit karate with helping me get through my first major spinal cord surgery, to remove a tumor when I was 10. I vividly remember my sensei at the time, Kenny Herrera, being with me the night before my surgery. He’d made the nearly two-hour drive to the hospital to keep me company. He was there when the nurse came in to give me an IV. I distinctly remember saying that I couldn’t cry in front of my sensei so as not to disappoint him. That was how passionate I was about karate.

Rediscovering the Passion

Fast-forward to May 2018. I was nearly five years into my paralysis and mother to a very shy 2-and-a-half-year-old. When I heard that a local karate dojo was offering a free class for young children, I couldn’t get my son there fast enough. I met Sensei Tamara and explained to her that I hoped my son would love karate as much as I had. She asked me why I wasn’t still training. I looked at her with a blank stare while gesturing to my wheelchair. I hoped this sensei was better at karate than she was at noticing people’s disabilities. She told me to show up at her dojo on Monday at 6 p.m. because she was going to train me.

Two days later, on Monday at 5:45 p.m., I sat outside her dojo. I’d called my mom to tell her I wasn’t going in. I was so nervous that the other students would judge me, or worse yet, mock me. My mom told me that she was going to call my old sensei and tell him to take back my fourth-degree green belt because I’d turned into a coward. That fear of disappointing Sensei Herrera flooded back, and I rolled into the dojo. I was greeted with hugs and handshakes from everyone. Not once have I been judged. And I was amazed that I retained much of my previous ability, despite not practicing for over 20 years. And despite Sensei Tamara practicing and teaching a Japanese style called Shitō-ryū.

Four months after I started training with Sensei Tamara, she had me at a competition which had a para-karate division. Para-karate is recognized by the World Karate Federation and consists of athletes who use wheelchairs, as well as visually impaired athletes and athletes with mental disabilities. Though we all fall under the same division, like competes against like. I only compete against other wheelchair athletes. And as of now, the Para-karate division only competes in katas, not sparring or weapons. (A kata is a choreographed set of movements with kicks, punches, blocks as if you’re fighting an invisible attacker.) In my first competition, I competed against three other athletes and won first place in the para kata division.

Sensei Tamara and I have had fun modifying the katas to maintain the original concept, but to adapt to my wheelchair status. We can’t add moves, but we can adapt to fit my needs. And, because wheelchair karate is still a relatively new sport, we have a little more leeway to figure out what works and doesn’t. I’ve learned to do wheelies in place of kicks, move my chair in ways to mimic certain blocks or movements, and use my arm placement on wheels to mimic the styles. Instead of fearing the reactions of my fellow students, I love hearing the words of encouragement when I break out a new trick. I am absolutely my harshest critic. I want my kata to be as smooth and as fierce as the same kata by a nondisabled person. For example, I don’t just drop my arms to cause she was going to

Beyond the Dojo

In February 2019, Sensei Tamara told me that she was taking me to the National Karate Championships where I was not only competing but trying out to be the first wheelchair athlete on the United States National Team. Other countries have large

Arrache works hard for her katas to be smooth and fierce. Here, she performs one during competition.
programs with wheelchair athletes, but the U.S. hadn’t yet had any.

I follow many of the athletes on social media. They’re real athletes. I’m a mom. And a lawyer. And almost middle-aged. I’m not a professional athlete. I do this thing where I laugh when I’m awkward or nervous, and I remember the fits of giggles that came over me. She looked me dead in the face and said, “Why are you laughing? I’m not.” I choked back the laughter as I said “Ai, Sensei.”

July found me taking a flight to Chicago, my first solo airplane trip, where I was competing in the Nationals. Really, I was just competing against myself as there was no other adult wheelchair athlete competing. There are a few young boys in wheelchairs who are doing amazing things in the sport, but they aren’t old enough to qualify.

On July 13, 2019 I was named Para-Karate Wheelchair Division National Champion and placed on the United States National Karate team. That still feels weird to say, as if I so much as whisper it, they’re going to take it away from me. After I won the competition, Sensei Tamara pulled me aside and with tears in her eyes said, “Do you realize what this means? You’re the first athlete in a wheelchair on this team. You. Are. The. First. In a male dominated sport, a female athlete with a female sensei is the first.” This was huge to me as a parathlete, a woman and a mother.

**Purpose from Punching**

I can’t wait until May 2020 when I will be competing in a world competition in Costa Rica with the flag of the United States behind me for the first time. I will be competing against some of the women I respect and follow on social media. It won’t just be me against myself, more like putting on a show for people. This will be earning any medal I receive.

Even before the national team was a concept for me, I loved doing karate. It gave me focus. It helped me learn to control my mind. It helped me get through so many painful times, emotionally and physically. It gave me confidence. I almost let my completely unfounded fears of what other people would think keep me from doing a sport that means so much to me. The only person who judged me … was me. And that’s a great lesson to learn!

*Sensei Tamara Canedo owns Seiden Kai JC, 78595 Highway 111 Ste 150, La Quinta, CA 92253*
YOU NEED TO STAND BEFORE YOU WALK

The FDA has indicated the ability to use a standing device, such as an EasyStand stander, is a prerequisite for the use of an exoskeleton walking device.

STANDING CAN:

- Prepare a person for a walking program
- Maintain/improve range of motion
- Maintain/improve bone integrity
- Strengthen cardiovascular system/build endurance
- Ensure the body is able to withstand stresses of standing, and therefore, likely walking

Request an inservice today at easystand.com!
FITNESS & SPORTS

SPORTAID GLOVES
We offer 13 different glove styles to meet your needs, including quad gloves and palm cuffs. Full finger, half finger, with and without thumb. Designed for wheelchair users with gel padding and double stitched seams. Velcro closure makes putting them on easy. Color: Black.

Available from Sportaid, 800/743-7203 or www.sportaid.com

MYOCYCLE
The MyoCycle enables you to continue your rehab at home in order to maximize your recovery and health. It is an adaptive cycling system that uses functional electrical stimulation to reactivate paralyzed muscles. You can use the MyoCycle directly from your wheelchair, and it has a built-in motor that adaptively assists or resists the cycling motion to maximize your workout.

Available from MYOLYN, 352/204-9066 or www.MYOLYN.com

SCI RESOURCE CENTER
The Spinal Cord Injury Resource Center provides people with SCI/D and their family members guidance to rediscover independence and greater quality of life after injury, medical error or disease onset. Our staff includes members living with paraplegia and quadriplegia with a combined 84 years of experience living successfully with spinal cord injury, a SCI Nurse Information Specialist and a credentialed Social Worker.

Available from United Spinal Association, 800/962-9629 or askus-resource-center.unitedspinal.org

2019 Publisher’s Statement

New Mobility (USPS 1086-4741) is published by United Spinal Association, 120-34 Queens Boulevard, Suite 320, Kew Gardens, NY 11415. Number of issues published annually: 12. The General business offices of the Publisher are located at United Spinal Association, 120-34 Queens Boulevard, Suite 320, Kew Gardens, NY 11415. Annual subscription price is $27.95. The names and addresses of the Editor and Managing Editor are: Ian Ruder, Editor; Josie Byzek, Managing Editor: United Spinal Association, 120-34 Queens Boulevard, Suite 320, Kew Gardens, NY 11415. Extent and Nature of Circulation: “Average” figures denote the average number of copies printed each issue during preceding 12 months. “Actual” figures denote the number of copies of the single issue published nearest to filing date. Total number of copies printed: average 10,425; actual 8,726. Total paid and/or requested distribution: average 7,348; actual 5,450. Total non-requested distribution: average 3,077; actual 3,276. Total distribution: average 10,425; actual 8,726. Copies not distributed: average 0; actual 0.
It’s hard to argue with the benefits of electrical stimulation for people with spinal cord injury. Clinical studies and decades of use have shown that using electrical currents to fire muscle fibers can have a multitude of benefits, from cardiovascular health, to reduced spasms, pain control, improved circulation and bone density maintenance. Recently, clinics have even been using e-stim combined with activity-based therapy and other treatments to help users recover function.

The problem with the technology has always been with how it’s administered. E-stim units are often expensive and/or complicated, requiring all but the most dedicated, supported and knowledgeable users to go to a clinic or rehab gym. But there’s a new product on the market that’s already changing the stimulation calculus: the Powerdot.

At Home

The initial incarnation of Powerdot is a small, user-friendly e-stim system that works through an app on your smartphone. Rob Lozuk, the general manager for Powerdot’s medical division, says the device empowers users to do things that previously required a visit to a doctor or therapist or “convoluted instrument with wires at your house.”

“We’ve taken that, put it in the size of a CD case, made it Bluetooth enabled, and you can use it anywhere in the world, any time,” says Lozuk.

Powerdot launched its consumer units in 2016, focusing on athletic performance, pain management and recovery. I used e-stim in my previous life, as a wheelchair rugby athlete, but the available units were clunky and complicated, so I only used them intermittently. I have been trying out the Powerdot for a month, and I can say that the unit performs as advertised: It’s just as functional but far easier to use than any unit I’ve used before. The app is simple and intuitive, and the pads and the transmitter are easy to manipulate, even for someone with reduced hand function. The only wires are those that go from the transmitter to the individual electrodes, and they secure to the electrodes easily via magnetic snaps.

I’ve tried the Powerdot for a couple of different uses — from pain management to post-workout recovery. I don’t have much chronic pain, but when my Powerdot arrived, I’d been dealing with neck stiffness and soreness, the result of some seating issues in my everyday chair. The first time I used it was after coming back from a few miles of pushing. My neck was yelling at me, so I got out the Powerdot and opened the app on my smartphone. In the program, I clicked “Wellness” and then scrolled down to “Neck,” which then gives three options for different types of massage. There’s a picture showing where to place the electrodes on your body. Once set up, I started the massage and then used the simple plus/minus system to dial up the intensity level to my comfort level. If you’ve never

Powerdot’s electrodes and transmitters secure to the skin via reusable gel pads and are controlled by a mobile app.
used e-stim before, the sensation is a bit strange at first — it is electrical currents zapping your muscle fibers after all — but once you get used to it, the gentle alternation of contract and relax is quite pleasant. After the 30-minute massage, I noticed my neck was looser and less painful. I’ve continued to use the massage feature with positive results.

Another long-standing use of e-stim is for active recovery following a workout. It’s often used by elite-level athletes who are stacking workouts atop each other, and need a way for their muscles to recover faster for the next go around.

Still, you don’t have to be an elite athlete to benefit. Using e-stim as part of a shoulder recovery routine makes a lot of sense for active wheelchair users. We all know that the act of pushing a wheelchair works the fronts of the shoulders more than the back. Stimulating your shoulders a few times a week promotes circulation and helps fire the often-neglected posterior shoulder muscles. It’s not a replacement for balanced strengthening work, but could be a valuable addition to a shoulder care routine.

Powerdot’s literature advises not to use the electrodes on any muscles with reduced function or sensation, and there is good reason for that — if you dial up the intensity without proper sensation, it’s possible to give yourself an electrical burn. There are countless studies vouching for the benefits of e-stim on paralyzed muscle, but to get into the interesting side of the technology, you’re going to need some professional help at the start.

In the Clinic
Adapt Movement is what might best be described as a holistic rehab center for people with neurological disabilities. Based in Carlsbad, California — only a few blocks away from Powerdot’s headquarters — Adapt provides mental health, massage, exercise-based and activity-based rehab and community building programs. The center has been using Powerdot’s soon-to-be-launched medical platform in its gym. Adapt connected with Powerdot by the happenstance of location but quickly saw the advantages offered by its portability and functionality. Not having to be connected to a large cart with wires, like with traditional stimulation units, offers a lot of flexibility. “We’ll weave it into our activity-based or exercise-based recovery sessions, where we’ll take 10 or 15 minutes to do stim on particular muscle groups we’re trying to activate,” says John Monteith, Adapt’s founder and executive director. “Then we’ll measure pre-stim versus post-stim performance.”

Functional rehab centers across the country are integrating e-stim with activity-based therapy to try to jump-start connections between brain and weakened muscles. But like any therapy, the more regularly you do e-stim, the more benefit you’re going to see. Unfortunately, functional rehab usually isn’t covered by insurance. “One of the challenges an organization or facility like us has is that we only see our clients for a few hours a week, and … they need to be doing things outside of our facility in order to keep making the progress they want to make,” says Monteith.

This is the type of problem that they purchase it, or we get it reimbursed from a payer network — they can take it home, and we can have a practitioner from Adapt send them a program to do directly to their phone,” says Monteith. “More than just having a person come in for a single session, now we can start to build either a dedicated neuromuscular stim recovery program, or we can start to integrate neuromuscular stim into the broader scope of the recovery project that we’re doing.”

At the same time, Powerdot notifies the provider whenever a client completes a session. “It can be challenging to hold people accountable if you don’t have a measure to know that they’re actually doing these things,” he says. “Powerdot kind of negates both of those challenges by being in touch with the client when they’re not here and seeing whether they’re actually following up on their service.

While data, cost reduction and accountability might not be the most exciting aspects of Powerdot, they’re crucial in advancing the argument that coverage of long-term rehab services is a sound investment for insurance companies. In the battle to make functional recovery more accessible, we can use all the help we can get.

“We’ve taken e-stim, put it in the size of a CD case, made it Bluetooth enabled, and you can use it anywhere in the world, any time.”
THE ELEMENTS OF SAFETY

The PeriodiQ Table of Securement!

INQLINE
REAR-ENTRY SECUREMENT SYSTEM

THE INQLINE FORMULA:
WINCH + RETRACTORS = CONTROLLED ONBOARDING

LEARN MORE AT: QSTRAINT.COM/INQLINE
MOBILITY & SEATING

Equipment that is more customizable and suited to your needs than ever before can help keep you on the go.

ACTION TRACKCHAIR
The Action Trackchair NT model is your new best friend. Take that friend fishing, to the beach, to your favorite nature trail or laugh at the weather man as you take control and blast through snow, ice and mud. The Action Trackchair is everything a friend should be. Go and explore!

Available from Action Manufacturing Inc., 507/532-5940 or www.actiontrackchair.com

ACTIVEAID
ActiveAid manufactures quality shower(bath)/commode systems and chairs. The diversity of these fine products, proudly made in the USA, address a range of uses from daily care assistance in the home environment, to products designed for the hospital and institutional market.

Available from ActiveAid, 800/533-5330 or www.activeaid.com

ADAPTS MANUAL TRANSFER SLING
ADAPTS is a portable and affordable transfer sling for travel or emergency evacuations or anytime your wheelchair is not available. ADAPTS is a flame-retardant, water-resistant, manual lifting sling with six handles. One size fits all and factory tested to 450 pounds. #WhyWait when #MinutesMatter. Make ADAPTS part of your evacuation plan. USA made.

Available from ADAPTS.org, 888/423-2787 or www.adapts.org
MOBILITY PRODUCTS ROUNDUP

BY BOB VOGEL

The world of complex rehab equipment is continually evolving, providing new and improved options for wheelchair users. Here is a look at some of the mobility innovations that have been introduced this year.

Phase 2 Hybrid Suspension Forks by Frog Legs

The Phase 2 Hybrid Forks take Frog Legs’ patented suspension forks to a new level. They combine a newly designed aluminum top with a high-strength, lightweight carbon fiber swing arm that is curved to create optimal shock and vibration absorption. The result is quicker response to bumps and a smoother ride.

For suspension action, the Phase 2 Hybrid uses a wedge polymer to give the shock a significantly faster response than a standard round polymer. Plus, the wedge shape creates a progressive response — it becomes stiffer as more force, such as from cracks and bumps, is put on it. This prevents bottoming out and creates a smoother ride for the wheelchair user, which then reduces fatigue, spasticity and pain. It also makes it easier to roll over small obstacles like curb cuts, sidewalk cracks and door thresholds.

The Phase 2 Hybrid works for users up to 260 pounds, and with 3, 4, 5 and 6-inch diameter casters.

Ethos by Ki Mobility

The Ethos reduces the vibrations often associated with rigid high-performance chairs by using a patent-pending system called Intelligent Isolation Technology. ISO Tech consists of a rigid lower frame and a separate, fully-adjustable rigid upper frame joined by four ISO Tech polymers that absorb vibration, resulting in a significantly smoother ride. The ISO Tech Polymers come in different densities and are interchangeable to enable you to customize your ride from soft to firm.

The Ethos also features independently-adjustable caster positioning, meaning you can move your casters back or forward for optimized rider balance that take into consideration changes in your body, ability or wheeling environment.

The Ethos transport weight — weight of the chair without rear wheels when lifting in and out of a car — is 11.6 pounds. It is available in widths from 12 to 20 inches and can hold up to 275 pounds.

Ethos by Ki Mobility
kimobility.com
MSRP: $2,995
Medicare: Yes

SoftWheel 3.0

SoftWheels add rear suspension to a manual wheelchair via three shock-absorbers/spokes attached between a rigid rim and an offset hub. This shock/hub combination provides vertical suspension yet retains lateral stiffness. That translates to the wheels rolling straight, yet absorbing the daily grind of bumps, cracks and curbs, thus reducing back pain, spasticity and fatigue.

SoftWheel 3.0 features a clean new look, lower profile rims than earlier versions, improvements to the shock absorbers to make the suspension silent and reduced weight. Aluminum and carbon fiber versions are both available in 24 and 25-inch sizes. Also, the 3.0 Aluminum weighs 4.12 pounds per wheel and the Carbon weighs 3.5 pounds. In addition to lighter weight, the 3.0 Carbon rim has the coolness factor of slick-looking carbon fiber.

SoftWheel 3.0
softwheel.technology
MSRP: $3,400 (Aluminum)
$4,750 (Carbon)
Medicare: No
F-SERIES power chairs by Permobil

Permobil has relaunched new, improved versions of its F3 Corpus and F5 Corpus front-wheel drive power chairs. Both models incorporate a new design that features dual LED headlights for wheeling at night, and a variety of frame and accent color options. They also come with Permobil Connect, which informs the user of chair and seating status, allows access to a virtual seating coach and enables a technician to remotely access the chair to diagnose potential fault codes and/or information on the chair’s condition. Both chairs feature “ComfortRide,” a fully independent, adjustable suspension on a compact power base that boasts top speeds of 6 mph for the F3 and 7.5 mph for the F5.

The F-SERIES chairs are paired with the Corpus Seating system, which features new, dual-density backrest foam for better pressure distribution and Stretch-Air covers for extra breathability and moisture resistance. The seating system includes tilt, recline and ActiveHeight — the F3 raises 12 inches, and the F5 raises 14 inches. It also has ActiveReach, which provides forward tilt to enable 4 to 5 inches of additional reach when needed, such as for objects on grocery shelves, and also helps make for easier transfers.

Permobil
permobilus.com
MSRP: F3 Corpus starting at $8,029; F5 Corpus starting at $13,282
Medicare: Yes

Ride Custom AccuSoft Cushion and Back by Ride Designs

Ride Designs is known for cushions that help protect skin and optimize posture and mobility via a unique system of off-loading — keeping weight off bony areas and transferring it to areas of the body that can handle contact. However, some users feel its traditional cushions are too firm.

Ride has responded with the Custom AccuSoft Cushion and Custom Back. The cushions offer the same custom fit, off-loading and postural support as the classic Ride Custom, but in two versions made with softer-density foam. As the names suggest the “Soft” version is softer than the standard Ride Custom, and “Extra Soft” is even softer.

Like the Ride Custom, the Custom AccuSoft cushions and Custom AccuSoft backs are designed using RideWorks. Its “Shape Capture and Submission Method” means the user sits on a custom bean bag and vacuum, and their shape — how they use a cushion, and/or cushion and back — is scanned and sent to Ride Designs for a fast turnaround. The cushion comes with an inner incontinence-proof cover, and an outer, porous breathable cover.

For users who want extra softness in a back rest, the Ride Custom Back is available with an optional soft, open-cell polyurethane foam insert and choice of breathable fabric cover or wipeable incontinence-proof cover. Note: Ride suggests that users needing maximum skin protection and stability should still consider the Ride Custom 2 Cushion.

Ride Designs, ridedesigns.com
MSRP: Ride Custom AccuSoft Cushion: $1,940; Ride Custom Back: starting at $2,577
Covered by Medicare: Yes

Quickie Q500 M SEDEO PRO by Sunrise Medical

The Q500 M SEDEO PRO is a power wheelchair that combines a high-performance base with a highly-customizable seating system and a wide variety of innovative controls. The Q500 M is a mid-wheel drive power base that has suspension on all six wheels to provide a smooth and stable ride over uneven terrain. With a top speed of 6 mph, range of 14 miles, and ability to ascend 7-degree grades, the Q500 M is ready to go the distance, while its turning radius of 25 inches provides precise access and control in narrow indoor areas.

The Q500 M is paired with SEDEO PRO, Quickie’s new highly-customizable seating system. Options include tilt, recline and elevate. The system is compatible with a broad range of JAY cushions and backs, as well as WHITMYER headrests, and designed so that many adjustments can be made with just one tool.

The chair is compatible with a wide array of controllers but comes with the R-net Advanced Joystick. This joystick has infrared, Bluetooth-assignable buttons that enable quick access to functions without having to use the joystick.

The Q500 M offers six interchangeable inlaid accent colors that are interchangeable, allowing users to swap out colors to go with the chair’s matte black body.

Quickie
Q500 M SEDEO PRO
sunrisemedical.com
MSRP: starting at $7,250
Medicare: Yes
MOBILITY & SEATING

EASYSTAND
EasyStand has designed and developed some of the most recognized products in the complex rehab industry, including the Bantam, Evolv, Glider and StrapStand. The standing frames and equipment have helped to improve the quality of life for kids and adults using wheelchairs worldwide.

Available from EasyStand, 800/342-8968
or www.easystand.com

ALLTRACK M3 W/CUSTOM STANDING
The people who have brought you the award-winning Outdoor Power Wheelchair have re-invented the standing mode. Reach new heights and help improve your health and lifestyle. Still with our unsurpassed dual action suspension system, this Alltrack M3 with its new custom standing module provide the highest stability, great traction and all the comfort the user needs in a power wheelchair.

Available from Amylior Inc., 888/453-0311
or www.amylior.com

SOFTECH CUSHION
The SofTech cushion is an automatic therapeutic cushion specifically built to help prevent and treat pressure sores. All system components are integrated into the cushion base, and it features a Bluetooth wireless remote and three firmness selections. The SofTech changes pressure distribution 60 times per hour. This action simulates manual pressure lifts, essential for the prevention of pressure sores.

Available from Aquila Corporation, 866/782-9658
or www.aquilacorp.com

SCOOTER/POWERCHAIR COVERS
DIESTCO MFG has the largest selection of scooter and powerchair covers in the industry — we have covers with top slits for hoist lifts, back slits for docking arms, 4-corner slits for four point securing straps, 3-slot covers for three point securing straps. Covers are water resistant and available in heavy duty and light weight nylon.

Order at 800/795-2392

Available from DIESTCO MFG, 800/795-2392
or www.disestco.com
**ETHOS**

An ultra-lightweight, high-performance rigid wheelchair featuring a dual frame design and patent pending Isolation Technology. ISO Tech creates an incredibly smooth and comfortable ride experience while protecting the rider’s body from the onslaught of high frequency vibrations, which would generally be experienced in a standard wheelchair design.

Available from Ki Mobility, 800/981-1540 or www.kimobility.com/ethos

---

**MU-1 SLD M-33**

MK Battery proudly introduces a new AGM battery for Scooter applications. The MU-1 SLD M 33, specially priced for basic consumer power, is backed by the same no-hassle, 13-month warranty that has differentiated MK products for years. Contact MK Battery at 800/372-9253 for pricing.

Available from MK Battery, 800/372-9253 or www.mkbattery.com

---

**LIFTKAR PT**

LIFTKAR PT is a battery-powered, attendant-operated portable stair climber. No home modifications required. Indoor and outdoor use on angled, curved or spiral stairs of any stair material—including carpet, wood, steel or concrete.

Available from Mobility Lifter, 615/530-1374 or www.mobilitylifter.com

---

**LIBERTY HANDICAP RAMP**

The Liberty series provides maintenance-free aluminum ramps with a non-slip solid deck surface. This solid surface aluminum modular ramp aids those with mobility impairments to get in and out of their homes safely. Whether you use a wheelchair or scooter, or simply need some added assistance, this ADA-Compliant, non-slip, solid surface aluminum deck ramping is the perfect solution for your home.

Available from National Ramp, 877/884-7267 or www.nationalramp.com
WHEEL-A-BOUT RAMP
The Wheel-A-Bout ramp’s innovative design allows you to store it upright in a garage and then roll it effortlessly to where you need it. This is just another great product added to our full line of access ramp designs. When you buy PVI ramps, you get the highest quality and most durable ramps available. Our limited lifetime warranty guarantees it!

Available from Prairie View Industries, Inc. (PVI), 800/554-7267 or www.pviramps.com

EDGE 3 POWER CHAIR WITH ILEVEL
With features like upgraded SRS (Smooth Ride Suspension), fender lights, a USB charger and drive wheel color accents, the Edge 3 is the most advanced power chair experience ever! It is also available with our 4.5 mph iLevel® technology.

Available from Quantum Rehab®, 866/800-2002 or www.quantumrehab.com

RIDE® JAVA® BACK SUPPORT
Patented biomechanical design helps provide comfort and stability at rest, without interfering with function and mobility. Width, height and depth options for optimal fit. Adjusts easily to fit unique contours. Lightweight and attaches simply for easy daily use. Spacer fabric cover helps promote air circulation and wicks moisture. Safety tested.

Available from Ride Designs, 866/781-1633 or www.ridedesigns.com

RIDE® JAVA® CUSHION
Offers greater sitting stability for improved functional performance and as an aid to improved skin outcomes — lower tissue distortion and lower long-term skin risk. Design/cover materials help maintain cool, dry skin. Weighs about 30% less than competitive cushions. Requires no fit-essential maintenance. Adjustable and adaptable for change over time.

Available from Ride Designs, 866/781-1633 or www.ridedesigns.com
One of the joys of life on wheels is laughing when walkers run into things as they try to text and multitask. To make sure you don’t roll into a similar fate, it’s essential to have the proper equipment to keep your hands free while maintaining easy access to your drinks, bags, phones, tablets or whatever else you need. Thankfully, there are excellent options out there for all of these, no matter what your style.

For the Everyday User
Already leading the way when it comes to accessible mounts, RAM Mounts upped the ante this fall by launching an accessibility catalog with a full suite of mounts for both power and manual chair users. The catalog is available for free online at rammount.com/blog/2019/09/accessibility-catalog and is a great way to spark your mounting imagination and figure out what solutions will work best for you. In addition to quality photos and tons of products, the catalog shows which chairs each mount works with. RAM touts their products as “rugged, adjustable and modular,” and the combination has won the hearts and minds of people with disabilities everywhere.

For the Style-Conscious User
Ffora offers a simple yet elegant attachment system that users can clip around any tubing on their chair or device and then secure using a provided key. The two-piece system ($49) comes in three finishes, and the site prompts you to select what type of chair you use to ensure the proper fit. Once attached, the system makes it easy to slide in any of Ffora’s other accessories. They have already launched a cupholder ($25) and a small

“There are excellent mount options out there, no matter what your style.”

FIND THE HANDS-FREE MOUNT FOR YOU
BY IAN RUDER

Ian Mackay models his RAM Mounts.

Photos by Lance Hanson

NOVEMBER 2019 37
MOBILITY & SEATING

SCOOTAROUND
For over 20 years, Scootaround has been the go-to provider for mobility rentals, and now we're using our expertise to help you find the perfect device for your needs. Purchase all of the top brands in mobility, including the innovative WHILL Model Ci, online at shop.scootaround.com.

Available from Scootaround, 888/441-7575 or www.scootaround.com

ASSURED COMFORT HI-LOW BEDS
Assured Comfort® Hi-Low Adjustable Beds are perfect for those requiring therapy, allowing the bed surface to be raised for therapist convenience or allowing for easier transfers in and out of bed. Three models in twin, full, queen and split-king sizes. Foundations may retrofit an existing bed frame. Made in USA.


STEALTH PRODUCTS CUSHIONS
Stealth Products introduces a new line of cushions featuring the patented Coolcore® Technology covers exclusive to Stealth. Coolcore is a chemical-free, 4-way stretch material that offers moisture wicking, moisture transportation and moisture evaporation properties.

Available from Stealth Products, LLC, 800/965-9229 or www.stealthproducts.com

QUICKIE Q700 M SEDEO PRO
With advanced engineering and a highly adjustable seat frame, the Q700 M SEDEO PRO can be quickly adapted to your changing needs. With the C-Me option you can elevate up to 12” and drive. Elevate or descend at the touch of a button without the need to stop while transitioning.

Available from Sunrise Medical, 800/333-4000 or www.SunriseMedical.com
“Essentials” bag ($108), each available in different colors. Learn more about Ffora at liveffora.com and keep an eye out for new accessories later this year.

For the Power User

Pow'r Mount'n Mover by BlueSky Designs enables greater independence for power chair users with limited upper mobility via adaptive switches that control the position and movement of the mounting system. It is capable of holding a wide variety of devices, including tablets, laptops, phones, speech devices and backpacks, and can even control a self-suction machine for respiratory issues — something that would otherwise have to be done by an attendant, friend or stranger.

The system has programmable “Go-To Target” positions, and the mount has a load capacity of 15 pounds. It comes with a rechargeable battery and can also be run off power from a power chair or wall outlet. In addition to mounting on power chairs, the system can be mounted on a floor stand, table or bed. Systems start at $3,600.

For the DIYer

For a simple, functional mount, sometimes all you need is the right amount of modular hosing and any regular mount or holder. Hosing like Loc-Line also works great as a hydration solution for people with limited mobility, providing a fixed line from your water bottle or drink. If you discover you have a passion for making mounts, ModularHose.com has a helpful assistive technology page and sells starter kits to fuel your passion.

Resources

• Ffora, liveffora.com
• ModularHose.com, 630/922-5005
• Pow'r Mount'n Mover, 612/724-7002; mountnmover.com/products/powr-mounts
• RAM, 800/497-7479; rammount.com

Ian Mackay already used a RAM Mount for his phone, but the guys at RAM Mounts also hooked him up with one for his tablet and a RAM Level Cup XL.
SUREHANDS LIFT & CARE SYSTEMS
SUREHANDS® systems are designed to enable users and caregivers to maximize abilities while accomplishing the normal activities of daily living. The versatility of SUREHANDS always places the users’ needs and safety first while offering products that will improve their quality of life, comfort and well-being.

Available from SureHands Lift & Care Systems, 800/724-5305 or www.surehands.com

BEACH WHEELCHAIR CONVERSIONS
Beach Wheelchair Conversion Kits with front caster permit quick, hassle-free conversion of most folding, manual wheelchairs into beach wheelchairs.
Each Kit includes: 3 PU Balloon Wheels, complete front and rear chassis assemblies, the necessary mounting hardware and detailed assembly instructions.

Available from Wheeleez, Inc., 800/369-1390 or www.wheeleez.com

WHILL MODEL CI
WHILL’s award-winning Model Ci brings a fresh perspective to personal mobility with its innovative design and state-of-the-art technology. Whether you’re driving around town or maneuvering a tight space, the Model Ci makes every ride an exhilarating and safe experience. Explore the world in comfort and style with this portable, yet durable and stable personal electric vehicle.

Available from WHILL, 844/699-4455 or www.whill.us

SPEEDICATH® COMPACT SET
SpeediCath® Compact Set from Coloplast: the all-in-one intermittent urinary catheter with attached bag allows you to catheterize without transferring to a toilet, so you can remain in your wheelchair. It’s discreet and can easily fit in your pocket and it has a coating that makes it ready to use with minimal preparation.

Available from Wheeleez, Inc., 855/385-3991 or www.coloplast.us/newmobility
DISABILITY SERVICES

You are not alone. These organizations, programs and services are here to help you succeed.

**CARSS CERTIFICATION**

Building the capacity of adaptive sport, recreation and physical activity practitioners through the BlazeSports Institute for Adaptive Sports and Recreation is a strategic priority in achieving our mission. The Certified Adaptive Recreation and Sports Specialist™ — the only certification of its kind — is one of the offerings of the BlazeSports Institute.

Available from Blaze Sports America, 404/270-2029
www.blazesportsinstitute.org

**QUÉBEC FOR ALL**

Québec for all is the ideal platform to plan your next vacation in Québec. This database is composed of over 1,800 tourist organizations certified fully or partially accessible. Transport information, travel tips and ideas for outings will complete the preparation of your stay. This platform is powered by Keroul, a local nonprofit organization.

Available from Québec for All, 514/252-3104
or www.quebecforall.com

**RESEARCH PARTICIPATION**

Our research Center of Excellence, housed at the University of Miami Miller School of Medicine, is dedicated to finding effective treatments, improving the quality of life of individuals with spinal cord injuries and, ultimately, finding a cure for paralysis.

Available from The Miami Project to Cure Paralysis, 305/243-7108
www.themiamiproject.org
Imagine yourself finding lions on the Serengeti, identifying antibiotics to treat tuberculosis and chasing meteors through space — all from the comfort of your own home. Welcome to the world of citizen science!

What is Citizen Science?
Citizen science is when amateur volunteers participate in scientific projects by collecting or processing data in concert with professional scientists. Turns out that the scientific world can’t always do it alone — they need you to help make science happen.

“But I’m not a scientist,” you say? That’s the beauty of citizen science — it’s all about amateurs. You don’t have to know anything about the subject, or even about scientific method, to do it.

“Literally anyone can do citizen science — that’s what’s so cool about it,” says Sean Goral, a C5 quad from southern California. “Anyone can be a citizen scientist. It really just takes time, a little bit of effort and an interest in science.”

Goral recently graduated from the University of California, Santa Barbara with a master’s degree in environmental science management with a citizen science focus. He studied ways to improve the quality of citizen science data via an app that allows amateurs to enter their whale sightings — thus generating information that helps researchers.

Virginia Rose, a para from Texas who loves birding, is a citizen scientist who uses an app called eBird to log her avian observations. Rose was initially skeptical of participating in her particular form of citizen science.

“I’m 60, so I wasn’t born in the age of knowing how to use smartphones,” she says. “My first response to using eBird was ‘I’m not doing that.’ It’s definitely something I had to learn. I found it at first a little intimidating … but I was able pretty quickly to use the basic tools.” And now? “I love it! I use it every time I go birding,” she says with a laugh.

Not only that, but Rose also teaches others to become eBird citizen scientists during her outings for Birdability, a group she created to get people with mobility issues out birding. The woman who once swore she would never use a citizen science app now helps others learn to do just that.

More Than One Way to Contribute
Rose and Goral collect data, but you don’t have to collect data to participate in citizen science. In general, there are two categories of citizen scientists: those who collect data and others who process existing data using a computer and/or smartphone.

If you aren’t into data collection, pick a project that only requires you to use your smartphone or computer — there is likely one that fits nicely with your interests and abilities.

“The Zooniverse web developing team takes accessibility very seriously,” says Cliff Johnson, astronomer and employee of the citizen science platform “Zooniverse.” Zooniverse has hosted...
online projects since 2009 and has well over 1 million registered volunteers. “On our app, there are tasks for which you can basically swipe left or right to classify an image. Zooniverse helps research teams build their projects to be accessible to the broadest volunteer pool as possible. The more people you can get involved, the better the science will be.”

“A lot of times, it’s very large data sets that some grad student or some poor lab assistant is just not able to process,” says Johnson. “So we use a crowdsourcing aspect of bringing many people to the problem.”

There are other benefits to participating, too, beyond helping scientists.

One aspect of the platform that might not be immediately apparent is that it fosters community. Zooniverse has a message board that allows volunteers and even the scientists to connect, ask questions and share experiences.

“This isn’t just a way of harnessing a large pool of labor,” says Johnson. “We’re really trying to make these into very cooperative and very interactive experiences, both for the research team and for the volunteers. Beyond a group of willing and capable volunteers to do a large volume of work, citizen science can provide relationships that only improve the projects.”

Participating in these projects may open other doorways. Goral didn’t see a lot of people with disabilities in his science classes. He has noticed barriers to wheelers being involved in science and feels like there is a world of potential future scientists with disabilities out there.

“It would be cool if citizen science could engage and introduce people with disabilities to the world of science. It could break down some of those barriers,” says Goral.

How to Get Involved in Citizen Science

A simple internet search that includes the words “citizen science” and whatever topic you are interested in is a great way to start. For instance, a Google search of “citizen science African lions” led to a Zooniverse project called Snapshot Safari. This project relies on volunteers to look at pictures from remote cameras in Africa and identify the animals in them. This helps researchers study where the animals are located, their movements and more.

A search for “citizen science astronomy” led to a NASA project called “Planet Hunters” that counts on volunteers to review data collected by the Kepler spacecraft in an effort to help discover new planets.

Zooniverse (zooniverse.org) and SciStarter (scistarter.org) are two sites that offer a ton of potential projects for you to explore. Citizen Science Games (citizensciencegames.com) features “Cancer Crusade,” which helps researchers design cancer treatments, and the cognitive science project “Alien Game,” which helps scientists discover how humans solve complex puzzles.

Clearly there are many opportunities to get involved. Regardless of your participation style and interests, there is probably a project that needs your help.

So why not just go for it? After all, science is depending on you!
NTI@HOME

NTI@Home provides full and part-time work-at-home jobs with legitimate Fortune 500 companies in call center, customer service and IT help desk industries. We offer free training, mentoring and job services to get you back into the workplace.

Available from NTI@Home, 877/248-8912 or www.ntiathome.org

PATENTS AND TRADEMARKS

We offer patent services and trademark services for people (including disabled people). Can help people with ADHD, dyslexia, people who have trouble moving, Type 1 or Type 2 diabetes, etc.

Available from Patent Profiler, LLC, 978/376-2157 or www.patentprofiler.com

ABILITIES EXPO

Abilities Expo is the go-to resource for the disability community. In eight cities across North America, the Expo features the latest products and services for people with disabilities, informative workshops and fun, inclusive activities like adaptive sports, wheelchair dancing, service animal demos and more. Admission is free!

Available from Abilities Expo, 310/405-1317; or www.abilities.com

PATHWAYS TO EMPLOYMENT

If you are a person living with a disability who wants to return to work, the Pathways to Employment program can help:

- Pair you with a mentor who has successfully adjusted to working with a disability
- Provide information on resources, benefits and work incentive programs
- Prepare you for job interviews

Available from United Spinal Association, 718/803-3782 or www.unitedspinal.org/pathways-to-employment/
Given that 111 corporations have earned the highest score possible with the Disability Equality Index, it may be time to brush off your resume and secure that dream job.

Launched in 2014, the Index is a joint project of the American Association of People with Disabilities and DisabilityIn that provides a rigorous, fair, and transparent benchmarking tool to both help companies improve as well as build reputations as employers of choice. “Research shows that companies that champion disability inclusion significantly outperform their peers across key financial indices, including revenue, net income, profit margins and shareholder returns,” says Ted Kennedy, Jr., AAPD’s board chair. “AAPD is truly impressed by this year’s DEI participation and we’re proud to collaborate with the business community to prioritize industry-wide disability inclusion practices.”

Companies are scored from 0 to 100 on how well their policies and procedures include people with disabilities. Indicators include having a senior executive who is a person with a disability or ally for the community, a company-wide written statement of commitment to diversity and inclusion that specifically mentions disability and that encourages people with disabilities to self-identify.

One of the companies that scored a perfect 100 is the cosmetics juggernaut L’Oréal. “We are very proud that L’Oréal USA has received a top score in the DEI ratings for the second consecutive year,” says Angela Guy, senior vice president, Diversity & Inclusion, L’Oréal USA. “An inclusive workplace is crucial for L’Oréal in fulfilling its commitment to providing beauty for all. That means we are always working to recruit and retain a diverse group of talented people representing all dimensions of diversity who are able to bring valuable insights and experiences to our company.”

Many industries are represented, from computers to medical to finance to air travel to communications. Review the full list at disabilityin.org.

BraunAbility was founded by Ralph Braun, a wheelchair user with spinal muscular atrophy, so it’s no surprise that the van conversion company employs people with disabilities. After all, it has done so for over 50 years.

But now, with its Drive for Inclusion initiative, BraunAbility has pledged to do even better. “This new effort will formalize our commitment to disability inclusion and help us continue living up to our aspiration of seeing the world through the eyes of our customers,” says Staci Kroon, BraunAbility’s CEO. “There is no better way to ensure people with physical disabilities are ingrained in our company operations than by hiring them to impact the organization from the inside out.” The company’s approach is three-fold:

1. BraunAbility will ensure each job opening at the company is directly sent to more than 20 disability referral sources throughout Indiana, where its headquarters are located.
2. The company will continue participating in Indianapolis-based Eskenazi Health’s summer internship program, which is specifically for college students with physical disabilities.
3. BraunAbility’s new headquarters in Carmel, Indiana, was designed with input from people with physical disabilities, and features a variety of elements that make the space accessible and accommodating to people with mobility challenges.
SCITrials.org is a new searchable platform that makes it easy for people with spinal cord injuries who want to participate in clinical trials to find ones suited to their interests. The platform is a collaboration between SCI researchers and people living with SCI.

“SCITrials.org is making clinical trials easier to access and easier to understand, thus allowing the community to be more involved in the development and execution of research,” said Barry Munro, the chief development officer with the Canadian Spinal Research Organization/American Spinal Research Organization and also a wheelchair user with an SCI. “With the ability to be more engaged and included in clinical trials, we believe our community is much better served.”

When you go to SCITrials.org on your smartphone, it asks for your location, injury level, severity and time since injury. Fill in the boxes and hit Find Trials. If you click More Info on one that’s recruiting, you’re given further options: follow, hide and apply. It’s that easy to use.

The platform filters trials to show only those from legitimate universities, research centers and hospitals. You can save your unique trial preferences and receive emails letting you know when relevant trials in their area become available. SCITrials.org is a joint initiative of the North American Spinal Cord Injury Consortium, the Canadian/American Spinal Research Organization and endParalysis.org, with development provided by fuelService.org.
A special thanks to those who support United Spinal Association.

For more information on how you can support United Spinal and become a corporate member, please contact Megan Lee at mlee@unitedspinal.org or 718/803-3782, ext. 7253.

Acknowledgements on our website, in New Mobility, in United Spinal e-news or any other United Spinal publication should not be considered as endorsements of any product or service.
Use CEO-TWO® Laxative Suppositories as part of your bowel program. These unique CO₂-releasing suppositories allow you to control your bowel function and prevent constipation and related problems, such as autonomic dysreflexia. Regain confidence in social and work situations by avoiding embarrassing accidents with CEO-TWO!

Many laxatives and suppositories are not reliable and are unpredictable. Having secondary bowel movements when you least expect it with such products is not at all uncommon.

CEO-TWO works reliably within 30 minutes. These unique suppositories are even self-lubricating, making their use as easy and convenient as possible.

- 3 year shelf life
- Reduces bowel program time to under 30 minutes
- Water-soluble formula
- Does not cause mucous leakage
- Self-lubricating
- No refrigeration necessary
- Individually wrapped and easy to open
- Unique tapered shape makes retention easier, providing satisfactory results every time

ORDERING INFORMATION:

<table>
<thead>
<tr>
<th>Box of 2 suppositories</th>
<th>NDC #0283-0808-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box of 6 suppositories</td>
<td>NDC #0283-0808-36</td>
</tr>
<tr>
<td>Box of 12 suppositories</td>
<td>NDC #0283-0808-12</td>
</tr>
<tr>
<td>Box of 54 suppositories</td>
<td>NDC #0283-0808-54</td>
</tr>
</tbody>
</table>

ORDER BY PHONE
1-800-238-8542
M-F: 8:00 a.m. – 4:30 p.m. ET

ORDER ONLINE
www.amazon.com

CEO-TWO is a registered trademark of Beutlich® Pharmaceuticals, LLC. CCA 469 1114
AUTOMOTIVE RESOURCES

Own the road with all the latest in hand controls, vans, trucks, lifts and more.

**DARIOS DIGITAL HAND CONTROLS**

With Darios, the digital accelerator ring and main hand brake, a paraplegic driver can keep both hands on the wheel. The system appears to be a part of the original equipment of the vehicle. KEMPF features nationwide free at-home pick-up and delivery and a lifetime warranty. KEMPF products are VA accepted.

*Available from KEMPF Inc., 888/453-6738
www.kempf-usa.com*

**QLK-150**

The next step in independent wheelchair securement, QLK-150 offers more options and features than any other docking system on the market. Wheelchair drivers and passengers pay a premium for the freedom to drive, and they deserve a system that looks, feels and behaves like a part of their vehicle.

*Available from Q'STRAIN, 954/986-6665
or www.qstraint.com/qlk-150*

**ROLLX WHEELCHAIR VANS**

For over four decades, Rollx has been the nation’s premier manufacturer of accessible mini, full-size and previously-owned vans. Rollx is a direct manufacturer with an inventory of over 200 vans in stock. Check out www.RollxVans.com to find out the latest inventory, pricing and rebates, or call 800/956-6668.

*Available from Rollx Vans, 800/956-6668
www.RollxVans.com*
Let’s say you’re interested in trying the #Vanlife. Maybe not as a permanent residence or even in a van necessarily, but you’d like to explore more and slumber somewhere other than your house. Maybe it’s the call of the wild, the crackling of a campfire and the smell of burning marshmallows that pulls you in. Maybe it’s the bucket list of places that you’ve yet to see with your kids, or maybe you just want to sleep so close to Walmart that you can go shopping within 50 feet of your pillow. Whatever the reason is, to help you on your journey I’ve compiled a list of things I find incredibly useful as a solo adaptive Vanlifer.

**Plan Your Escape**

Whether I’m sleeping outside of a friend’s house or in the middle of Nowhere, Alaska, I always think about how I can reach help if needed. Having communication is one of the largest safety nets we can easily obtain these days. Yes, a cell phone works great but what happens if you lose signal? The Garmin inReach ($349) has GPS with Garmin maps, in case you’re directionally challenged like me, and a satellite-driven, two-way messenger (subscription required). It can sync with your phone so you can text someone or simply notify the nearest search and rescue with your coordinates if you’re in serious trouble.

**Pack Your ‘Oh Sh*t’ Bag**

Let’s face it, there are certain medical things that I can’t just pick up from a CVS. These items, such as medication and toiletries, need to be acquired ahead of time. I tend to pack a back stock of catheters, suppositories, UTI meds, general first aid supplies and of course a tube patch kit for that one nasty thorn.

**Escape Further**

Pushing offroad is difficult as a quadriplegic! I can wheelie for a bit but not for miles on end. The FreeWheel ($599) has been a godsend in my worldwide exploration. The FreeWheel attaches to my chair’s footplate and lifts my casters off the ground, allowing the front end to roll over grass, gravel and dirt. It’s easily removable when you don’t need it and doesn’t take up that much room to store. It’s definitely one of those things that’s better to have and not need rather than need and not have.

**Push Higher**

I’m only as strong as my weakest link, and that’s often my strength. I may be able to push eight miles on flat ground, but put me on some of the hills in San Francisco and I’m lucky to go eight feet. The SmartDrive MX2+ (contact insurance) has been a game changer! What I love about the SmartDrive is it attaches to my current manual chair, is easily removable when I don’t want it, can do curb drops and is super compact for storing/charging in the van. It’s effective in grass but not great in sand, mud or snow. There’s a bit of a learning curve, and you need to be paying attention, but having the power makes everything more enjoyable.

**Design for You**

When designing your van, remember that small details can make a big difference for accessibility — take the time to think about every task you’ll need to do and how to set things up to facilitate independence and efficiency. For example, the height of the bed in my van was critical for transfers and my overall independence. How high can the platform be in order to easily get in bed WITH a cushion and foam topper included? Where should light-switches and plugs be located for best access? Where are some hard-to-reach areas and what can you do to make them easier? Drawers? Loops on handles? Pull out counters? Etc. …
Keep it Simple
If you’re anything like me, you’ve learned that not all mobility equipment is built to be as reliable and maintenance-free as it should be. I’ve had vehicle lifts leave me stranded on more than one occasion, only to find the problem was some computer issue or safety sensor malfunction. Because of this and a laundry list of other reasons, I went with a Superarm lift from Handicaps Inc. It’s not for everyone but was as simple a full-sized vehicle lift as I’ve seen available here in the United States. It also takes up way less space and works as a swing/pull-up bar for those interested (though I don’t think it says that in the manual).

Stay Cool
Have you ever tried to sleep somewhere that is uncomfortably hot? It’s not fun. Being a quadriplegic with difficulty regulating temperature, it’s vital that I can stay cool. A simple, battery-operated fan can make a huge difference but if you want one step up, check out a Maxxfan (prices vary). The Maxxfan is installed through the ceiling of your vehicle and can either push air into the van or suck air out. Having air circulation helps pull the heat out of the car along with the wonderful smelling dog breath.

Products
- Garmin inReach, buy.garmin.com/en-US/US/p/592606
- Freewheel, gofreewheel.com
- SmartDrive MX2+, permobilus.com/product/smartdrive-mx2-pushtracker
- Superarm, handicapsinc.com/superarm-lift-models
- Maxxfan, maxxair.com/products/maxxfan/maxxfan.php

Everything has a home when living the #vanlife. From tools to tables and stoves and medical supplies, it’s important to stay organized. This is the area beneath the bed that’s used to set up the outside kitchen when staying in one place for a few days. Notice the ceiling fan for ventilation.
Every print subscription that converts to digital saves United Spinal Association $20 per year. If 5,000 readers convert to digital, that would drive $100,000 into our advocacy efforts and resource center!

Help us help more people — call 800/404-2898, ext. 7255 or visit unitedspinal.org/switch-to-green-give-back to convert today!

Convert your New Mobility print subscription to digital and receive these great perks:

- Early access to the full magazine
- Enhanced media content, such as videos
- Clickable links — no need to type in URLs to find more info

Prefer not to convert to digital but still want to give back? Any amount helps! Visit www.unitedspinal.org/donations
SIENNA WITH AUTO ACCESS SEAT

Toyota Sienna with Auto Access Seat is the perfect solution for anyone needing a little extra help getting in and out of their vehicle. Built on the assembly line in Princeton, Indiana, and available from any Toyota dealership nationwide, the power rotating lift-up seat is a perfect caregiver solution.

Available from Toyota Motor North America, 800/331-4331 or www.toyotamobility.com

A Little Birdie told me...

Follow us on Twitter @UnitedSpinal to get the scoop on the latest updates, news and event information! Come see what all the tweeters are saying.

www.twitter.com/unitedspinal

NMEDA’S QUALITY ASSURANCE PROGRAM

The National Mobility Equipment Dealers Association is a nonprofit trade association dedicated to expanding opportunities for people with disabilities to safely drive or be transported in vehicles modified with mobility equipment to fit their specific needs. The association represents vehicle dealers and manufacturers, as well as manufacturers and distributors of mobility equipment.

If you’re looking to purchase a modified vehicle or equipment to modify your own vehicle, NMEDA’s Dealer Locator is a useful tool. It’ll help you find the closest NMEDA dealer via a zip code or state search. Check it out here: www.NMEDA.com/LocateDealer.

Why should you consider choosing a NMEDA member dealer? Because the association’s Quality Assurance Program is the only nationally recognized accreditation program for the adaptive mobility equipment industry. Basically, by choosing a NMEDA dealer, you can be confident the modifications to your vehicle — or the vehicle you’re looking at — are made in accordance with national motor vehicle safety standards. If you choose a non-NMEDA dealer, you can’t be sure. Through QAP, all vehicle modifications are completed using quality and safety standards, including crash testing of vehicles, to ensure all drivers are as safe as possible.

NMEDA works to establish industry standards on the safety, reliability, and accessibility of adaptive mobility equipment and raise awareness of the variety of options available to those living with disabilities. For more information about NMEDA or QAP, please visit www.NMEDA.org.

SIENNA WITH AUTO ACCESS SEAT

Toyota Sienna with Auto Access Seat is the perfect solution for anyone needing a little extra help getting in and out of their vehicle. Built on the assembly line in Princeton, Indiana, and available from any Toyota dealership nationwide, the power rotating lift-up seat is a perfect caregiver solution.

Available from Toyota Motor North America, 800/331-4331 or www.toyotamobility.com

THE MIGHTY400

• 400 lb weight capacity
• Available color options

Aqua Creek Products
1.888.687.3552
www.aquacreek.com
With a ton of ways to increase your independence at Abilities Expo, your glass really is half full!

• Cutting-edge products and services
• Get answers from the experts
• Adaptive sports for better health
• Informative workshops
• Service animals open doors
• Inclusive dance empowers
• Daily living aids
• Therapeutic cannabis: Real facts
• Life-changing activities for all ages

FREE ADMISSION

Abilities EXPO
Serving the Community Since 1979

Follow Us!
#AbilitiesExpo

www.AbilitiesExpo.com
Register online today. It’s free!

Dallas
December 13-15, 2019

Chicago
June 12-14, 2020

Los Angeles
February 21-23, 2020

New York Metro
May 3-5, 2019

Phoenix
September 11-13, 2020

Toronto
May 29-31, 2020

San Mateo
October 16-18, 2020
Thanks to the internet, we’ve gone from having only a few loud voices to a sea of perspectives and insights. We help you find the most authentic voices to follow.

**LIVE THEATRE**

Artists Repertory Theatre’s mission is to produce intimate, provocative theatre and provide a home for artists and audiences to take creative risks. Founded in 1982, Artists Rep is Portland’s premiere mid-size regional theatre company. Their 2018/19 season offers a dynamic mix of fresh, funny, potent and exhilarating theatre experiences.

*Available from Artists Repertory Theatre, 503/241-1278 www.artistsrep.org*

**NEW MOBILITY MAGAZINE**

*New Mobility* offers a fresh take on wheelchair lifestyle and recreation while also examining the tough issues facing people with disabilities. The colorful monthly magazine presents its unique mix of articles on travel, relationships, personality, health and advocacy with award-winning writing and design. Regular columns include the popular Gear Hacks, Research Matters and Reframed — and watch for a couple of new offerings in 2020. Check out our blogs on newmobility.com and look for us on Facebook, Twitter and now Instagram!

*Available from New Mobility, newmobility.com or 800/404-2898, ext. 7203.*

**CURB FREE WITH CORY LEE**

This award-winning website from Cory Lee Woodard, the 2018 *New Mobility* Person of the Year, just keeps getting better. You can count on Cory Lee for funny, insightful writing and good advice to make your next trip easier.

*Available from curbfreewithcorylee.com*
Kelsey Peterson spins her power chair over white sand and makes funny faces at the camera. On a quest to find answers to cure paralysis, she’s been traveling cross-country, interviewing researchers and meeting with members of the SCI community for her documentary Submerged. But today Peterson is taking in the beauty of White Sands, New Mexico. Though a part of her wishes she could climb to the top of the sand dunes, she cruises around them, seeing the same sky.

Submerged, which is scheduled to finish filming this year, follows Peterson, a C6 quad, who was injured in a diving accident in 2012. As a dancer and yoga teacher, Peterson had always been creatively driven and physical. She was in the process of starting a dance company with her best friend when she was injured. While trying to adapt to life post-injury, Peterson became a board member of the nonprofit Get Up Stand Up to Cure Paralysis and won the title Miss Wheelchair Minnesota in 2014.

Learning on the Road

Through her advocacy work, Peterson became passionate about uniting and amplifying the voice for a cure, a voice that she feels has been quieted since the death of Christopher Reeve. Seeking answers from top medical researchers and connection with her community, Peterson and her longtime friend, photographer Madeline Brown, hit the road in January 2017 to film a documentary and create a map of SCI research being done across the country. “Researchers and people with spinal cord injuries should connect more and learn from each other,” says Peterson. “They should know more about me, and I should know more about them.”

Starting in their hometown of Minneapolis, Peterson and Brown traveled for four months, stopping in over 15 states, recording close to 100 interviews. “People were very receptive to being on camera,” says Peterson. “They welcomed us into their labs, homes, families and their dinner tables to share their life and hard work.”

Throughout the trip, Peterson had moments of self-doubt, wondering if she was capable of carrying out the project and if people would care what she had to say. But meeting with members of the SCI community, hearing their stories and getting their support gave her the fuel she needed to keep going.

Caleb Bartlett was one of these people. Bartlett is a C5-6 quad, over 20 years post injury, who had an experimental stem cell treatment in 2013. He and his family invited Peterson and Brown to their farm in Northwest New Jersey and chatted for hours over a feast. “At that time, I had only been injured five years and I didn’t want to be the new kid on the block, all arrogant thinking that I was going to save the day,” says Peterson.

Bartlett immediately felt a bond with Peterson and was taken by her energy, sense of humor, curiosity and hope. “With Kelsey’s documentary I don’t think it’s just about finding a cure for the injury,” he says. “It’s about finding a cure for the pain, the fear, frustrations, disappointments and heartbreak, all the different things that come along with it. Just the living day to day.”

The realities of life on the road for a quadriplegic proved challenging. “I al-
ways loved traveling, being on the road and being spontaneous, and that’s not easy anymore,” says Peterson. “I’ve become a planner, which I never was, but have also learned to be flexible, to go with the flow. Adapt or die.” They stayed at friends’ houses, Airbnb rentals and Motel 6s, and became skilled at impromptu ramp building and piggybacking to access inaccessible places. The experiences taught Peterson how to communicate more effectively with the people that are helping her.

More to Tell
As they began to edit the hundreds of hours of footage, Peterson and Brown realized that they weren’t finished filming and had more story to tell. Peterson was approached about being part of a music and dance performance called A Cripple’s Dance and was also looking into participating in a clinical trial. “We originally thought the film was going to be a lot of researchers talking, and a lot more about the effort for a cure, which it is, but it’s evolved and is told through my personal journey of finding my voice for my community and healing and growing,” she says.

As first-time filmmakers, figuring out how to tell the story has been Peterson and Brown’s biggest challenge. “I’ve learned that the more vulnerable I am, the richer the story gets,” says Peterson. “The more I am willing to just say F-it and share and be real, the more people are going to connect with me and with the film. So, it’s been scary, but it’s also been cathartic and incredibly rewarding to commit to that and then feel it working.”

Peterson wants Submerged to lead to

Peterson, a dancer before her injury, says Submerged has evolved from its original focus on SCI cure to encompass community, healing and growth. Here she performs in A Cripple’s Dance, which explores the emotional aspects of paralysis.

Is the threshold of your stall shower preventing you from rolling in? Is access limited by a narrow shower door? With the new MULTICHAIR 6000RS, you’ll be able to get into your existing stall shower without spending $1,000s on bathroom remodeling costs. Nuprodx’ exclusive compact modular design allows the system to fit showers of nearly any size. Log on to www.nuprodx.com to see the entire range of shower and commode systems that will improve the quality of life for users and caregivers alike.

Nuprodx, the one system that can last a lifetime. Proudly made in the USA!

Features Include:
• Eliminates bathroom transfers and is an effective alternative when installing a roll-in shower isn’t possible or affordable
• Under 22” wide with a rotating base, it easily gets into small, hard-to-access bathrooms and showers
• Available with Tilt-In-Space seating
• Fold-back padded locking arm rests and adjustable swing-away/ removable footrests ease transfers and improve comfort
• 5” casters with Total-Lock brakes prevent swiveling and rolling
• High-quality soft and comfortable padded seat and back cushions
• Seat height adjusts over the highest toilets required by the ADA
• Removable locking bridge section available in optional lengths
• Won’t rust or corrode: Aluminum, brass, stainless steel and plastic construction—it’s going to last!

Tub, Toilet and Shower Access Systems
Visit our web site for complete information about our products.
“light, strong, and portable”
change and has partnered with the non-profit Unite 2 Fight Paralysis to develop an advocacy movement that will be called "The Cure Map." “The film will serve as a catalyst to this movement, something that is much bigger with longevity that can involve the community,” says Peterson. “I want people that are in my situation who don’t know how to participate to find a way and have an impact.”

Peterson keeps a video journal about the rehearsal process for A Cripple’s Dance and shares what it’s been like to find dance again. Last month, she and other performers with and without spinal cord injuries took the stage in Minneapolis for four performances. Together, through music, dance and words, they told a story about accepting life as it is while simultaneously accepting that you can desire and long for more.

Peterson plans to start editing Submerged in early 2020 and have a completed film later in the year.

To stay up to date visit submerged-film.com, or follow on Instagram @submergedfilm and Facebook @submerged-documentaryfilm.

Left: Dr. Kevin Kilgore shares E-stim research with Peterson and Brown in Ohio. Right: The Submerged team interviews Brad Smeele in Florida.

DISABILITY MEDIA

FACINGDISABILITY.COM

FacingDisability.com was created to connect families who suddenly have to deal with a traumatic spinal cord injury with people like them who have already “been there” and “done that.” Its website contains a wide collection of over 2,000 videos that feature people living with SCI, their families and medical experts — as well as a robust listing of community resources.

Available at no cost: FacingDisability.com.

UNITED SPINAL PEER MENTORING

Find a peer mentor to help you — or become a peer mentor and help someone else. In addition to first-hand testimonials, United Spinal provides nationwide listing of support groups and chapters to get you involved in mentoring.

Available at unitedspinal.org/peer-mentoring
VetsFirst is a program of United Spinal Association that assists veterans and their eligible family members in obtaining the benefits they are entitled to, deserve and need.

Our Mission
VetsFirst leads the way in advocating for veterans living with disabilities and ensuring they achieve the highest level of independence and quality of life.

Our History
As a program of United Spinal Association, VetsFirst has a long and illustrious history assisting and representing veterans and their eligible family members. United Spinal—a VA recognized veterans service organization—strives to ensure the organization remains an instrument for veterans.

About VetsFirst
VetsFirst brings to bear seventy years of expertise in helping America’s veterans with disabilities, their spouses, dependents, survivors and other eligible family members receive health care, disability compensation, rehabilitation and other benefits offered by the U.S. Department of Veterans Affairs. We supply direct representation, proactive legislative and regulatory advocacy, individual support and counseling services, guidance on education and employment, timely news and information and valuable self-help guides.

VetsFirst advocates nationally for all generations of veterans, including individuals living with post-traumatic stress disorder and traumatic brain injuries. Our advocacy efforts go far beyond offering words of support and encouragement. We take this fight to Capitol Hill to bring attention to issues that matter most to the men and women who proudly served our country.

Timely Support
We connect with thousands of veterans and active military servicemen and women annually through our call center and online help desk, Ask VetsFirst. Our staff takes the time to address each inquiry, offering guidance with questions on military separation, claims appeals, and state benefits. Visit http://helpdesk.vetsfirst.org/ to submit your questions and receive quick response from our knowledgeable staff.

Valuable Resources
In addition to providing individual support and counseling services, VetsFirst offers timely news and information across the spectrum of issues presently impacting the veterans community, including state benefits, separating from the military, as well as exclusive feature stories on military health care and VA funding and compensation.

Our Core Beliefs
VetsFirst’s priorities are based on three core principles that will improve the lives of veterans with disabilities.

Community Integration and Independence— We support policies that help veterans with disabilities reintegrate into their communities and achieve independence.

Timely Access to Quality VA Health Care and Benefits— We support improved access to VA health care and compensation and pension benefits that are the lifeline for many veterans with significant disabilities.

Rights of Veterans with Disabilities— We believe that discrimination against disabled veterans that produces barriers to housing, employment, transportation, health care, and other programs and services must be eliminated.

www.vetsfirst.org
Disability Products & Services
It’s All About Choices!

Search the United Spinal Association Disability Products & Services Directory to discover providers and organizations that specialize in optimizing the health, independence and quality of life of people with a spinal cord injury or disease.

Quickly connect with top providers specializing in:
• vehicle & hand controls • therapeutic & bathroom equipment
• urological supplies • scooters • wheelchairs
• ramps • assistive devices
and many other disability-related products and services.

Visit our website: www.unitedspinal.org/disability-products-services/to learn more about disability-related products and services in your area!

Keep your essentials on hand while on the go with this great backpack!

• Works with most chair styles
• Easy-open zippers
• Ample storage
• Mesh pockets great for water bottles or other often-used items
• Durable construction
• Helps spread United Spinal Association’s active lifestyle message

Just $19.95!
800.404.2898, ext. 7203
www.unitedspinalstore.org/united-spinal-wheelchair-backpack/
WHERE WILL YOU GO IN YOUR
Our all-terrain chairs are fully equipped with WheeEEZ® polyurethane wheels, which are specifically designed to navigate challenging terrain like soft sand, mud, gravel rocks etc. WheeEEZ® wheels also perform great over hard surfaces such as concrete and asphalt.

NOW EVERYONE IS INCLUDED!!
Enjoy your favorite beaches, parks, trails, fishing spots, picnics in the park, or just experience the splashing of water over your body. Sandcruiser™ will take you there with ease.

Contact us today
Website: wheeleez.com
Phone: +1 707 751 3999
email: retailsales@wheeleez.com

Go anywhere with WheelEEZ

POWER ACCESS
AUTOMATIC DOOR OPENERS & CONTROLS
FOR ACTIVE WHEELCHAIR USERS

- Designed for personal use in the home
- Automatically opens & closes any side-hinge door
- Locks door after use for added security
- A variety of control options for all users
- 10 year major component warranty, 24/7 support

COMFORT | SECURITY | INDEPENDENCE
CALL 800-344-0088 or VISIT WWW.POWER-ACCESS.COM

NRRTS Providing the Human Touch
THE NATIONAL REGISTRY OF REHABILITATION TECHNOLOGY SUPPLIERS

NRRTS is a professional association supporting individuals who provide Complex Rehab wheelchairs and seated positioning systems for people of all ages and diagnoses.

TO LOCATE A NRRTS REGISTRANT VISIT
WWW.NRRTS.ORG

VA Approved • Limited Lifetime Warranty
WWW.APEXEQ.COM • 800-851-1122
EMPLOYMENT OPPORTUNITY

Job Title: Americans with Disabilities Act (ADA) Coordinator (Part-Time)

Description: The Americans with Disabilities Act (ADA) Coordinator will build upon and administer the ADA accommodation program from start to finish. The position will also be involved in the Light Duty/Return-to-Work program. Other duties include but are not limited to the following: Identifies and performs outreach to employees possibly requiring accommodations; educates management and employees on the rights and duties under the ADA; coordinates with management and employees to develop and provide employees effective and reasonable accommodations; develops written materials and other informational pieces regarding the ADA program; develops and maintains internal measures to track ADA status and compliance and maintains and documents records of all disability and accommodation issues ensures compliance with applicable laws, regulations, and policies; assures that workers with disabilities are provided effective and reasonable accommodations allowing them to work productively and safely; assure Township-Sponsored activities, Township Facilities and events address accessibility and accommodation concerns.

Requirements: Bachelor’s degree in social sciences, human resource management, business administration or related field and two years of personnel administration experience are required (or a combination of education and/or training and/or experience which provides an equivalent background required to perform the work of the class); a minimum of eighteen (18) months of experience in a position that involved evaluating and administering reasonable accommodation issues subject to the ADA or §504 and completion of a course on barrier-free design or ADA accessibility guidelines which was sponsored or approved by the New Jersey Department of Community Affairs or a department which oversees the Uniform Construction Code in any other State, the American Institute of Architects, the Paralyzed Veterans Association, or the United Spinal Association, within twelve (12) months of hire.

Salary: DOQ

Hours: Part-Time, three days weekly (not to exceed twenty one hours per week).

Apply: Send resume or application to: Ms. Braedon Gregory, HRIS Coordinator, Human Resources Department, Township of Montclair, 205 Claremont Avenue, Montclair, New Jersey 07042 or email: bgregory@montclairnjusa.org

Closing Date: Job posting will remain open until position is filled.

The Miami Project to Cure Paralysis

Our Research Center of Excellence, housed at the University of Miami Miller School of Medicine is dedicated to finding effective treatments, improving the quality of life of individuals with spinal cord injuries, and ultimately, finding a cure for paralysis.

To be considered for current and future research studies, please visit our website: http://www.themiamiproject.org to fill out a digital intake form or call our offices and request a copy of the form by mail.

For more information, call 305-243-7108.

Did Your Address Change?

If so, please provide New Mobility with your updated information so you will not miss a single issue.

Full Name, Street Address, City, State & Zip Code are needed for both the old & the new address. Please allow 6-8 weeks for this change to be processed.

Please mail to: 120-34 Queens Boulevard, Suite 320 Kew Gardens, NY 11415

Or submit your request electronically to: mkurtz@unitedspinal.org or at www.newmobility.com

Or call: 800-404-2898 x7203
FOR SALE

New Product, Electric and Manual Wheelchair seat pouch, $14.99 visit www.cushpocket.com*


08 SiennaLE side ramp pristine 43k $25,333. 414-232-3210

Nationwide Wheelchair Van Rentals. For the next time you want to get out, vacation, doctors appointment, or try before you buy. Learn more at www.BLVD.com

Over 1500 wheelchair Accessible Vehicles for sale at one website. A complete selection of New, Used and Pre-Owned wheelchair vehicles from dealers and private parties nationwide. Check it out today. www.BLVD.com

New LEVO standing electric wheelchair. $19,950. Call 530-906-5553

08 SiennaLE with side ramp pristine condition. Was 43k asking $25,333. 414-232-3210


2016 Dodge Caravan – 6 inch lowered floor, automatic side ramp with kneeling system. Electric tie down. Full loaded. Only 9,000 miles. Askin$38,000. Call 815-871-7275

VACATIONS

Voted “Best Accessible vacation Ever” (by those who stay there). Visit https://shipwatch108.weekly.com/ ... read the reviews!


New Zealand Accessible Vehicle Hire. New Zealand disability vehicles, hand control cars, left foot accelerator cars for hire. Explore New Zealand – we make it easy! We are happy to pass on our former clients’ recommendations of accessible activities and accommodation. See www.freedommobility.co.nz


LEGAL HELP

Do you or your loved one need legal assistance for injuries resulting from an accident or medical malpractice? We are here to assist you in finding the best lawyer for your specific case. Call us 1-888-888-6470. www.findinjurylaw.com*

PANTHER PROFILER

Interested in keeping up with the latest innovations? We make it easy.

www.pantprofiler.com

Andrew
CEO, Patent Attorney
general@pantprofiler.com

PROVEN HIGH-INTENSITY TRAINING

• Fast cardio
• Builds muscle tissue in seconds
• Needs no room - mounts on any door edge
• Complimentary door stop with purchase

$389 plus shipping

1-707-494-8051

HUGHESUPERFLEXPH@GMAIL.COM

Orion Medical Group, Inc.
(Full D.M.E. Pharmacy Specializing S.C.I)
Tel. 714-649-9284 / 1-888-64-ORION (67466) / Fax. 714-594-4038
info@medicalvibrator.com

www.medicalvibrator.com

VIBERECT
• Treats men with erectile dysfunction
• Treats SCI men with ejaculatory dysfunction.

PATENT PROFILER

PLACE YOUR ORDER TODAY!

www.panthook.com

ORDINATE YOUR E-MAIL ADDRESS FOR VETS

JUMP START YOUR SEX LIFE

United Spinal Association’s Pathways to Employment (PTE) program supports the pursuit of new job opportunities and a successful career for people with spinal cord injuries (SCI) by providing the tools and support necessary to successfully overcome barriers to gainful employment.

www.unitedspinal.org/pathways-to-employment/
WHEELCHAIR CONFIDENTIAL

GRAD-EWW-ATION

I spent a month planning what to say at my high school graduation and then I spent that week memorizing every word. Public speaking freaked me out, especially in front of the whole school. On the day of, I rushed through my morning routine knowing I wanted extra time to look nice but not be late. Lots of my family had arrived, and we were heading to a buffet brunch before the ceremony.

Feeling good, I ate a ton of waffles, pasta, and fresh seafood and drank all the champagne my aunt kept sneaking me. As we wrapped up, my stomach felt off. I figured it was nerves, but the more I thought about it, the more I felt my insides flip. As my mom helped me put on my robe in the parking lot, I leaned forward and felt a chill as I passed gas loudly. In that second, I went from worrying about forgetting my speech to worrying that I was going to crap my pants.

I anxiously sat and prayed for my body to cooperate until it was my turn to get on stage. I held my breath as I rolled up and they lowered the mic down to my height and closer to my midsection. I ended up only forgetting a few words ... my stomach kept quiet, and I got a free lesson in digestion on my graduation day.

Cy O'Relief

CHASING FAIL

My cousin got married in a big wedding this spring and I dressed up in a suit to support him as a groomsman. At the reception, things were going well and I was really hitting it off with one of the bridesmaids. Trying to be suave, I noted her empty glass and asked if she wanted another.

"I'd love one, but do you want me to grab them or come with?" she asked politely. I said I had it, even though I wasn't sure that I could drive my chair and hold a champagne glass through the bumpy grass. Undaunted, I got the drink and quickly but carefully headed back, focused on avoiding a spill.

I thought I was home free as I zoomed my chair behind her and angled to pull in next to her. I was wrong.

As I approached, she stepped backward directly into my path and my footplate caught her ankle enough to offset her balance and knock her on the ground. She was nice about accepting my profuse apology, but I knew hope was lost when she limped towards the bathroom and I saw the grass stains on the rear of her light-colored dress.

Take it from me, women don't really want to be swept off their feet.

Lady-Spiller

PLEASE REMAIN SEATED
AIM FOR THE BEST BACK SUPPORT WITH STEALTH PRODUCTS.

From the industry-leading ADI® backrest in carbon fiber and aluminum to the patented Tarta® Custom back to the newly updated TrueForming Back™ (TFB), our backrests never miss the mark when it comes to comfort. Plus, the ADI and TrueForming Backs offer Coolcore® technology to keep you cool under pressure.
With 100% No Touch Protection, whatever you touch won’t touch VaPro catheters.

The protective tip and sleeve of VaPro catheters have been tested and have been shown to prevent the transmission of bacteria that may cause UTIs. Don’t settle for anything less than 100% No Touch Protection.

Call to request a sample today! 1.888.808.7456