



the HEADLINER

Spring 2000

THE NEWSLETTER OF THE BRAIN INJURY ASSOCIATION OF OREGON AND THE BRAIN INJURY SUPPORT GROUP OF PORTLAND

Everyone Needs a Home

Dignity. Respect. Independence. Each is important for us to feel that we are a productive part of society, and adults with brain injuries are no exception.

One's housing can foster these goals or stand in the way. The challenge is finding housing that provides the opportunity for independence and participation in the community while still offering the support and structure the individual needs.

Like most states, Oregon has a range of specialized housing options. Included are apartment complexes with shared support services, group living situations with community-based rehabilitation programs, and foster homes with full-time staff support.

Many of these facilities are designed for individuals with other disabilities, but may be appropriate for persons with TBI. However, the demand for specialized housing far exceeds the supply. Most facilities catering specifically to individuals with TBI are found in larger cities along the I-5 corridor; persons with TBI in the southern, eastern and coastal regions of the state have fewer options. And, finding affordable housing is always a challenge for individuals on fixed incomes. As Mary Bunch, a case manager for individuals with TBI notes, "There is plenty of available housing, but little affordable housing...and often a long waiting list for those who qualify for low-income housing." As a result, many adult Oregonians with TBI continue to live in unsatisfactory

CONTINUES ON NEXT PAGE



Bob Brown

October 3, 1926 -February 23, 2000

First Recipient

2000 Founders Award for Outstanding
Volunteer Service

Brain Injury Association USA

February 25, 2000

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housing environments or with their parents even though they would like to become more independent. There is an urgent need to develop affordable, quality housing in Oregon.

In this issue of the *Headliner*, we explore a variety of issues relating to housing for survivors of TBI. Included are tips for finding appropriate housing, information on how to initiate a housing project in your community, and a review of books and internet sites that address housing and accessibility concerns. A new column, *Frequently Asked Questions*, considers accessibility related to home/business remodeling and accommodations while traveling. And you'll find a discussion of Project PSO! - a new research program examining the often-difficult transition from high school to community.

Housing in Oregon: What's Available?

What follows is a summary of information gathered from owners of a number of housing facilities in Oregon that are designed specifically for individuals with TBI.



RAH House, Salem

Salem

Residential Alternative Housing, Inc. (RAH) is in a Salem residential area, west of the I-5/Market Street interchange. Its three buildings each have a communal living room and kitchen with 5 private bedrooms with half baths. The program prepares individuals to reach their maximum level of independence so that they can move on to more independent housing. The community-based rehabilitation program teaches basic living skills within a home environment. The individualized care plan for each resident reflects the resident's goals, using information from physicians, therapists, social workers and family members. RAH also provides two handicapped equipped vans to transport residents to shopping and community events. Payment sources for services include Medicaid, Worker's Compensation, and private insurance. Monthly rents are established in accordance with grantor agency guidelines.

Contact: 3005 Windsor Ave. NE, Salem OR 97301; (503) 581-0393

Portland Area

Kampfe Management Services (KMS) residential facilities in southeast Portland offer three levels of care for adults with TBI: community-based rehabilitation, long-term maintenance, and community in-home care. Residents live in one or two-bedroom units, and staff supervision is available around the clock. The facility is open to individuals of all ability levels. Community-based rehabilitation services include case management, vocational training, and physical, occupational, speech and vision therapies. Monthly rent is determined by state agency guidelines.

Contact: P.O. Box 19698, Portland OR 97280; (503) 788-3266

Eugene/Springfield

Uhlhorn Apartments, located in downtown Eugene, has 20 units, each with its own kitchen and bathroom. It accepts residents with a wide range of abilities. The units are in a C-shaped building with a shared commons area and courtyard, and most units are on the ground floor. A staff member occupies one unit to assure 24-hour staff presence.

Uhlhorn's community-based rehabilitation program includes counseling, case management, community living training, and communication skill-building in an independent living setting. The goal is to train individuals to live on their own and to work if possible. Residents must meet certain eligibility requirements set by Senior and Disabled Services of Oregon. Rent is set by the Department of Housing and Urban Development (HUD) Section 202, at 30% of their monthly income.

Contact: 689 West 13th Ave., Eugene OR 97402; (541) 345-4244

River Kourt Apartments, in north Eugene, (a HUD Section 811 facility) is managed by the same staff that oversees Uhlhorn. This facility is designed for residents who are able to live semi-independently. Uhlhorn program support and training services are also available to River Kourt residents as needed. Eligibility requirements are the same as those for Uhlhorn.

Contact: 50 Kourt Dr., Eugene OR 97404; (541) 345-4244

Holly Residential Care Center is a 40-bed facility that provides long-term community-based care to individuals with severe brain injuries and other severe disabilities. The facility provides 24-hour nursing and



Uhlhorn Apartments, Eugene

personal care, housekeeping, laundry and meal services. Therapy services are coordinated through local agencies when needed. Holly Residential Care Center accepts residents funded privately or by Medicaid.

Contact: 1075 Irvington Dr., Eugene OR 97404; (541) 607-8587

Medford and Vicinity

Late in 1999, HUD awarded funds to Accessible Space, Inc. (ASI) of St. Paul, MN, for the development of a 22 unit HUD Section 811 apartment project in the Medford area. ASI, which has developed 358 units in 11 states targeted to persons with brain injury, is teaming with Medford-based Access Inc. and Oregon Mental Health Division in this development. Availability is expected in early 2002.

For more information about HUD Multi-Family Housing, including housing for individuals with disabilities, contact the HUD office in Portland (503)326-7085, or check the website at <http://www.hud.gov/local/por/index.html>

Developing Supportive Housing

Where will our son or daughter live after we die?

This concern is frequently expressed by parents whose child has a brain injury and will need continued support to enjoy a reasonable quality of life.

What do you do if there is no appropriate housing in your area, and your loved one can't or doesn't wish to relocate?

For some families, the response is forming a group to develop specialized housing in their community.

Contact the BIAOR office and we will try to help!

Interested? Here are a few suggestions for getting started:

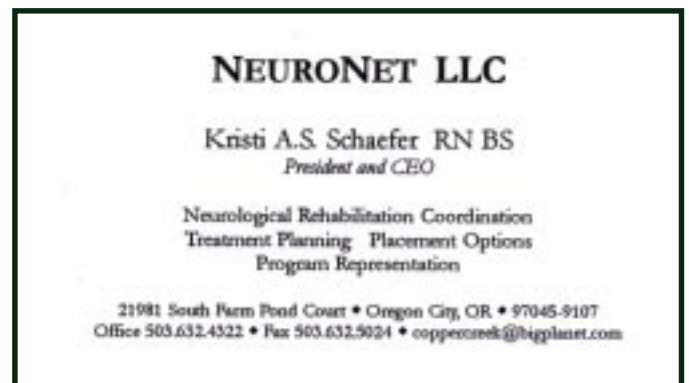
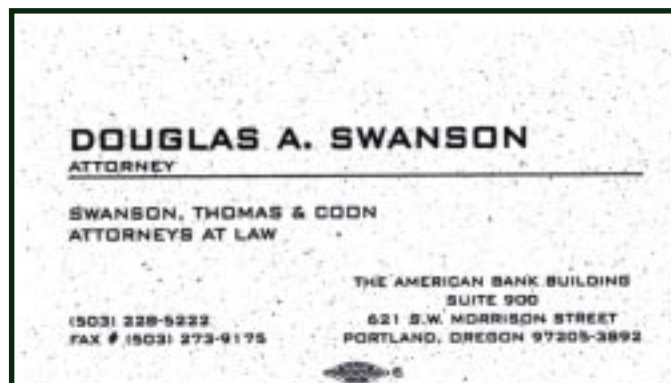
- ❖ Don't reinvent the wheel. Others have developed special-needs housing before you. Learn how they did it — and be sure to ask what they would and wouldn't do again.
- ❖ Work with experienced development partners. Housing development is complicated and expensive. Find people who know what they are doing by checking references and obtaining recommendations of organizations that have gone before you.
- ❖ Decide what role you want to play and stick to that role. If you are interested in developing a single housing project, don't waste time learning the nitty-gritty of development; leave that to your experienced development partner. Concentrate instead on tasks such as building community support for the project, raising funds to make it happen, helping to articulate the project's physical design and supportive services program requirements, and participating on the project oversight committee.
- ❖ Finally, contact the BIAOR office and we will try to help.

Get Involved!

In Portland and much of Oregon, precious little appropriate housing exists. This article is a call for you to take action, because taking action builds a home!

If you are an individual with a brain injury in need of housing or you want to participate in creating housing for adults with brain injury in the Portland area, here is your opportunity to

get involved in an exciting project. John Perkins, Architect, and Carol Christofero-Snider, Rehabilitation Specialist, have formed a committee through BISG to explore creating new housing for individuals with brain injury in Portland. Volunteers are welcomed. Call John (503/287-7468) or Carol (503/665-5447) to find out more about how you can get involved.



Finding Housing: Tips for Family Members

Finding housing for a survivor of TBI can be complicated and overwhelming. Families often need to make quick decisions, so it's easy to overlook basic considerations for placement. Here are a few tips to guide you in your search.

Recommended steps for the search:

1. Begin by using the resources listed in this issue such as the Oregon Senior and Disabled Services Division and the Assisted Living Federation of America.
2. Narrow your choices to 3-4 sites and begin telephone interviews. Start with the questions to the right, and add others that are important to you. Using a separate piece of paper for each site, record the name of the contact person and their responses to your questions.
3. Visit each of the potential sites. Take along the information from your telephone interviews, and extra paper to make notes during and after the visit.
4. Discuss your findings with family or friends. You don't have to make this decision alone. Get the support you need.
5. Finally, make your choice by weighing the pros and cons for each facility. Include key areas such as: history, staff, residents, routines, family involvement, and funding.

Questions to Ask

Facility

- ❖ How long have you: been in business? cared for survivors of TBI?
- ❖ Who's on staff: nurses, nurse assistants, therapists, personal care assistants?
- ❖ What is their training and experience working with survivors of TBI?
- ❖ What medical services are offered?
- ❖ How are medical emergencies handled?
- ❖ How are behavior problems handled?
- ❖ May I talk with family members of current or past residents?

Residents

- ❖ How many residents do you have? How many are TBI survivors?
- ❖ What is the age range of the residents?
- ❖ What are the ability levels (physical, cognitive, behavioral) of the residents?
- ❖ What is the resident turnover or eviction rate?

Daily routines/activities

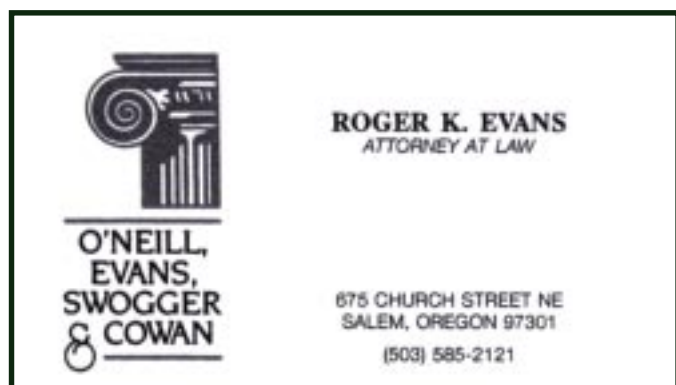
- ❖ What types of activities/therapies are available?
- ❖ Describe a typical day for the residents (activities of daily living, medication management, meals, outings, etc.).
- ❖ What types of transportation are available?

Family involvement

- ❖ What is your visiting policy for families and friends?
- ❖ How are families included in decision-making?

Funding

- ❖ What types of funding cover residential care? (Medicaid, private insurance, Worker's Compensation...)
- ❖ What types of funding cover support services, such as therapies or transportation?



Our thanks to case manager, Aimee Mooney for this information.

Frequently Asked Questions:



New Feature!

Welcome to this new feature. Frequently Asked Questions (FAQ) provides an opportunity for us to respond directly to your topic-related questions. Send us a question and we will find an expert to answer it for you.

This issue's focus is housing, and the "frequently asked question" is:

I'm remodeling (or building) a home (or office), and I want it to be accessible. How do I go about this?

1. Read the basic accessibility guidelines. These are outlined in Chapter 11 of the State of Oregon Structural Specialty Code (check your library or city/county Building Office). You might also review the federal codes in the Americans with Disabilities Act Accessibility Guidelines (ADAAG) and Oregon Revised Statutes (ORS) 447.210 to 280.

2. Seek the help of a specialist. Work with your physical therapist or your local rehabilitation center to identify special design needs. The Oregon Disabilities Commission (503/378-3142) can provide names of local professionals who serve as volunteer technical accessibility code specialists. These people can help tailor your plans to your individual needs.
3. Conduct a final accessibility review of your plans BEFORE you start. Architects, engineers and contractors are familiar with the accessibility code guidelines, but may have little or no experience fitting those guidelines to the unique needs of an individual client. Even working with an excellent building professional, it's important to have a design specialist review the final plans.

Special thanks to Darrel Ackerman, a Technical Accessibility Code Specialist in Eugene who serves as a volunteer for the Oregon Disabilities Commission, and Bill Lemons of the City of Eugene Building Permit Services Department for providing answers for this question.

Planning a trip? Need accessible accommodations?

- ❖ Call the Chamber of Commerce in your destination city and ask for a listing of hotels/facilities built within the last 5 to 8 years. These should all meet general accessibility guidelines.
- ❖ When making reservations, confirm that the features you want — for example, a wheel-in shower or grab bars in key places — are available in the room.
- ❖ Remember, businesses are not allowed to charge more for accessible rooms. For example, if the facility has single rooms and you need an accessible single, they must either provide an accessible single or provide other accessible accommodations (for example, a double or suite) at the single room rate.

Again, our thanks to Darrell Ackerman for these great ideas!

Project PSO! Tracks Transition of Students with TBI from School to Community

Moving into your own apartment. Getting your first “real” job. For many students with TBI, these seem like overwhelming challenges. To understand factors that help students with TBI make successful transitions to adulthood, staff at Teaching Research in Eugene are tracking students with TBI in Oregon, Washington, and California as they leave high school and transition to “the real world.”

Each student and one of his or her parents is interviewed privately by a TR staff person. Interviewers ask about the student’s experiences in high school, current living arrangements, activities, health status, and other topics. Follow-up telephone interviews are then planned every six months through spring of 2003. Students and parents are paid for each interview.

Tara Barnes and her mother Linda began participating in Project PSO! in 1999. During her first interview, Linda shared a story about finding a place for Tara to live while attending a community college in Albany. “Tara came back and told all of her friends I was putting her in a nursing home because most of her neighbors were elderly!” Linda said. “But I felt it was a safe place for her to be.”

Tara recalls, “When I moved to the dorms at U of O I took on a little bit more

responsibility. Then when I moved to my own apartment I got a lot more responsibility and it happened at the right time. It was important and really helpful that I made these transitions slowly.”

In reflecting on the PSO interview, Tara shared, “I felt very at ease with the interviewer and I really liked that it was in my own apartment. I also think it is good that they are not only interviewing me, but also my mom, because she has a different perspective of my experiences. It is important to get both sides of my experience.”



PSO Participants, Linda and Tara Barnes

Project PSO! interviews will be analyzed to determine what kinds of supports and services are most helpful to students with TBI as they move into adult life. The project will also help high schools understand how they can better prepare students to work and live independently.

If you are a student with TBI in your last year of high school and would like to participate in Project PSO! (or if you know someone who fits this description), call toll free 1-877-872-7246 for information.

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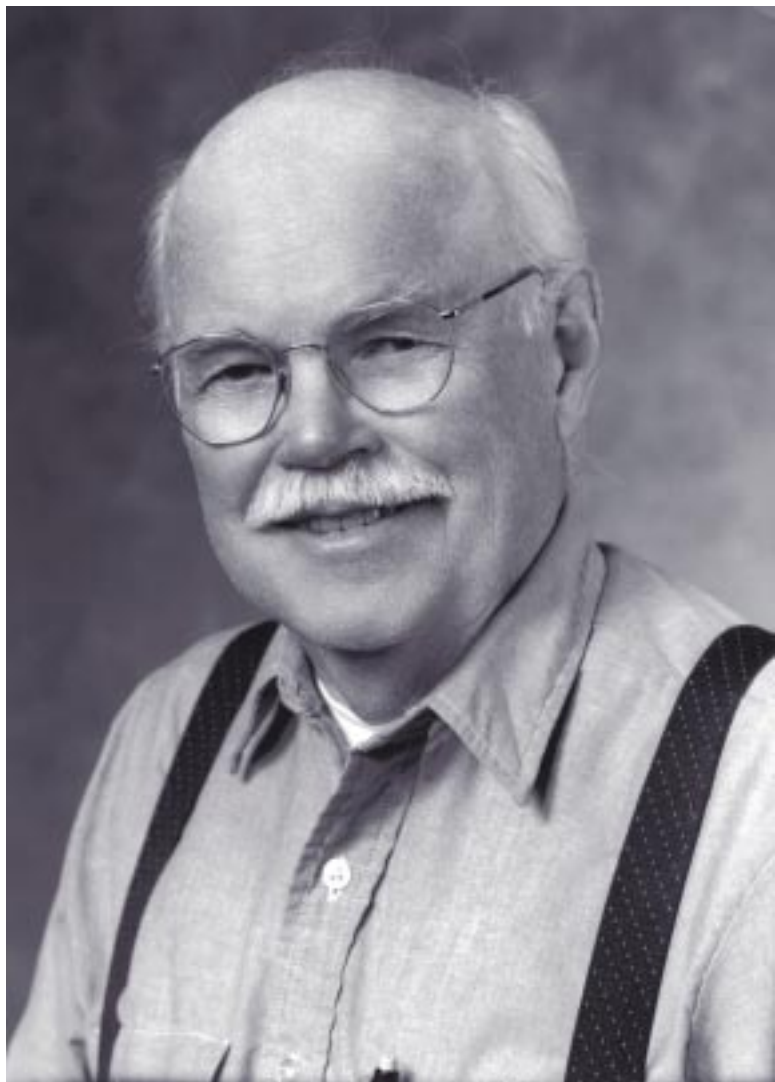
Bob Brown Receives Prestigious Award

A memorial service was held for Robert C. Brown, Sr. on February 28th at the Montavilla United Methodist Church in Portland. Bill Olson, President of the BIAOR, delivered these remarks.

On Friday, February 25th, I received a message from the Brain Injury Association national headquarters that Bob Brown had been selected to receive the 2000 Founders Award for Outstanding Volunteer Service. This is the most prestigious award the Association has to offer. The Awards Committee made the selection not knowing that Bob was close to death. The award was granted solely on the merits of Bob's life and dedication to serving the interests of persons with brain injury. He would have wanted it no other way.

As a relative newcomer to Oregon and the Brain Injury Association, I do not claim to have known Bob as well as most of you. But I think I knew him well enough to be sure he did not seek awards and recognition for his efforts. His dedication to service was based on a clear understanding that he was uniquely qualified to help others because of his personal experience as a brain injury survivor. But beyond being qualified, Bob had great insight, the patience to listen and the persistence to seek out information or resources that could help the person calling for assistance.

I want to assure you that Bob was aware that he had been nominated for the Award for Outstanding Volunteer Service. And I believe he knew that he was appreciated and loved by those of us who came to know him. Most important, I believe that Bob understood that he had made a positive difference in the lives of countless other people. That understanding, rather than any external recognition, is the award I hope we are all seeking. Thank you, Bob Brown, for providing us with the example of a life well lived.



2000 Founders Award winner Bob Brown

Community Loses Two Heroes

Recently, the Brain Injury Support Group of Portland lost two of its long-standing members. Darlene Ferguson passed away in January, and Bob Brown in February.

Darlene was hit by a drunk driver while walking in a parking lot in 1978. She spent her remaining twenty-two years in a wheelchair. Her physical disability did not limit her ability to inspire others, to lead the Walk-A-Thon in raising money, and to show up consistently as the most dedicated of all Trailblazer fans. Her smile, laughter and ability to enjoy life created the memories that her friends and family will carry with them forever.

Bob served as secretary of the Board of Directors of the Brain Injury Association of Oregon, Vice President of the BISG Board, and Editor of the *Headliner* for several years. He devoted countless hours in the office as a peer advisor, resource person, and case manager. Bob was injured in 1928 when, as a toddler, he fell ten stories. Awnings on the buildings broke his fall and saved his life. His rehabilitation was provided by a devoted family who understood the value of an education and knew that they would be the only providers capable of helping Bob heal. Decades before anyone knew of brain injury rehabilitation, Bob and his father unknowingly charted the early waters of recovery.

Recently, the National Brain Injury Association invited nominations for the 2000 Founders Award for Outstanding Volunteer Service. BISG/BIAOR decided that the nominee from Oregon should be Bob Brown. On February 18th, we sent our nomination and supporting letters to National BIA office. Bob passed away just five days later, knowing he had been nominated and having read all that his admirers had written.

The passing of Bob Brown and Darlene Ferguson are huge losses for our community. Both will continue to serve as heroes who faced unbeatable odds and won with honor. Our condolences go out to their families. We wish to thank all those who remembered Bob and Darlene through donations to BISG. For Darlene, we are planting six trees in Portland through the Friends of Trees Foundation as a living tribute to her work. For Bob, we are planting two dogwood trees for his wife Joan to enjoy every day and remember the strength of his love and the tenacity with which he faced a difficult life.

Both will continue to serve as heroes who faced unbeatable odds and won with honor.

rest

all i ask
is a lonely branch
in a land with no trees
i feel the wind
as it drifts past my wings
a resting place is what i look for

a roof is all i ask for
for tired i feel
my eyelids feel
like heavy weights
falling from my eyes

a resting place
is what i see
lonely
but peaceful

antony ireland-martinez

BIAOR and BISG Explore Partnership Options

A joint meeting of the Boards of Directors and Advisory Bodies of BIAOR and BISG was held on Saturday, January 15, 2000, at Meridian Park Hospital in Tualatin. Twenty-five members were in attendance. The purpose of the meeting was to consider whether BIAOR and BISG should formalize their organizational relationship, and to explore possibilities for collaboration over the coming year. Specific issues discussed included: 1) organizational alternatives (status quo, affiliation agreement or full merger); 2) unified membership and 3) adding BISG Advisory Board members to the BIAOR Advisory Council.

The consensus was that formalizing the

partnership that has developed between BIAOR and BISG during the past year should be pursued and that a task force should be formed to investigate details and report back with recommendations. Program activities identified for continued and closer collaboration via combined committees included: information and referral, advocacy, awareness, and communications (newsletter and web page).

The target is to have a task force report presented to the Boards of the respective organizations this summer so that formal recommendations can be presented to the membership at the October 2000 Annual Membership Meeting.

BIAOR & BISG Vote "No" on Measure 81

The Directors of BIAOR and BISG voted to join 31 Oregon groups to form the *Trust Juries Not Politicians Coalition* to defeat Ballot Measure 81, a constitutional amendment on the May 16, 2000, primary ballot. The Directors concluded that

enactment of this measure could only harm persons who have suffered a life-altering injury due to the negligence of others.

Ballot Measure 81 would amend the constitution to allow the Legislature to limit any "damages that may be recovered in civil actions." The measure is much broader than simply placing limits on

non-economic damages in personal injury cases. If Measure 81 passes, the Legislature would be given the power, now reserved to juries and the courts, to place limits on all types of damages in civil cases.

The Oregon Constitution currently provides that: "In all civil cases, the right to a trial by jury shall remain inviolate." The right to present a case to a jury and have it determine damages is fundamental. Measure 81 would take away that right and give politicians in Salem power to limit damage awards. Once gone, this right will be very hard to get back. We urge you to vote NO on Measure 81! If you want more information, please contact the BIAOR office.

*We urge you to vote
NO on Measure 81!*

Goodwill Personnel Services

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with great employees with disabilities"*

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Salem Office 375-0325

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Easy Ways to Use Email and the Internet

Several new internet appliances offer easy and inexpensive ways to surf the 'net' and connect to email. And they don't require a computer!

Email allows you to send and receive letters from anywhere in the world over a telephone line. Your mail goes to a local station and then over the Internet, so there are no long distance charges. It is a great way to keep in touch and a good way to get information.

A number of email devices are now available. No computer skills are needed. Just plug them into a phone jack and into a regular wall plug, and you are ready to send and receive email. You automatically receive an email address, and some devices allow several

addresses on one machine. If you know someone who uses the internet, or can use the internet at the public library, take a look at these devices at: www.allnetdevices.com/e-mail_only/. Five excellent possibilities are listed in the box below.

Full Internet service includes email, as well as all other services on the Net. For full service, consider the *i-opener* Internet appliance. It is much simpler to use than any computer. Plug it into a phone line, turn it on and you're on the Internet. The cost is \$299 for the appliance and \$21.95 per month for basic service, with automatic upgrades of all programs available on-line. Check-out the website at: <http://www.netpliance.com>, or call 1-888-467-3637.

Appliance	Cost, service	Website to learn more	Telephone
e-Mail Express	\$79.95, \$9.95/mo	www.vtechworld.com/products	888-468-8324
Post Box	\$99.99, \$9.99/mo	www.vtechworld.com/products	888-468-8324
Pocketmail	\$129, \$9.95/mo	www.jvc-america.com/pocketmail	800-274-7624
MailBug	\$149, \$9.95/mo	www.mail.com	800-831-2169
MailStation	\$100, \$9.95/mo	www.mymailstation.com	Order on line

Changes in the Headliner

You may have noticed two changes in this issue of the Headliner: the issue has more information in it than usual and the two-page support group listing is missing. The support group pages are very important. But we noticed that the listings do not change much over the year, and so much other helpful information can be squeezed into those two pages!

If you miss the support group pages, don't worry - they will be back. We will publish them at least once a year. Keep the list from the January issue until a new list arrives. And remember, information on support groups is always available at the BIAOR website www.open.org/~biaor/ or by calling BIAOR 1-800-544-5243 or the BISG in Portland (503)413-7707.

BIAOR-Open Email List Established

We finally did it! The Brain Injury Association of Oregon is sponsoring an email list open to anyone interested in discussing issues related to brain injury — survivors, family members, caregivers, and professionals (doctors, lawyers, therapists, teachers). There is no cost to participate on this list.

The BIAOR-Open list is designed to cover all aspects of living with and overcoming the effects of brain injury. It offers members a way to share support and resources, talk to each other about finding work, form or

expand local support groups, participate in social or recreational events and share methods they have found beneficial in dealing with brain injury.

To join, send an email to Robert Miller (rlmiller@dnc.net) introducing yourself to everyone and perhaps sharing a bit about your situation. We can interact and help each other best when we know a little about each other. Your message will be forwarded to the email list, your name will be added and you will be sent instructions on how to use the list. Welcome!

Coming to a Community Near You . . .

In the Winter of '98, Oregon Department of Education (ODE), conducted town meetings across Oregon to document local needs for supports and services for Oregonians with brain injury and their family members. People shared what was working for them, the obstacles they faced, and the strategies they recommended.

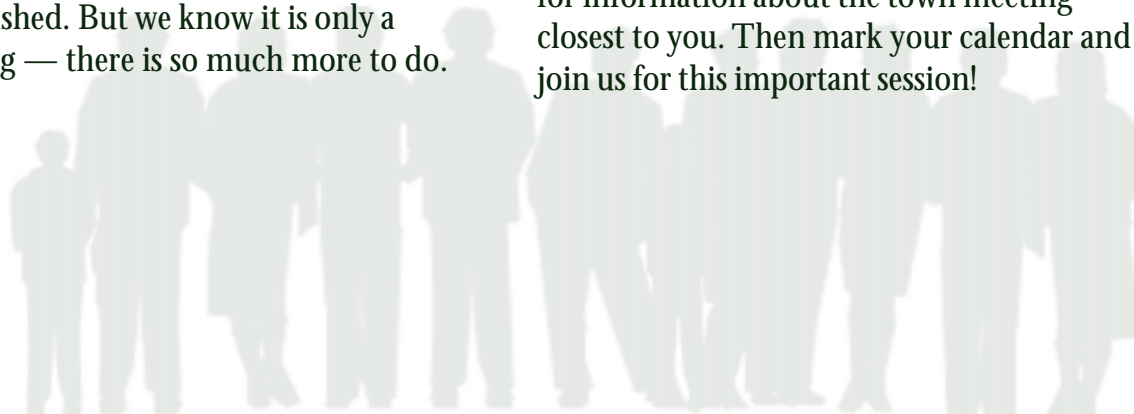
In August of '98, the ODE, in collaboration with Teaching Research - Eugene and the Brain Injury Association of Oregon, received a 3-year federal grant to begin implementing improvements in supports and services. The last two years have been busy, and we're excited about what has been accomplished. But we know it is only a beginning — there is so much more to do.

To move forward, we need to hear from YOU!

We are planning a second series of town meetings this Spring to fill you in on what's been happening and hear your ideas about what needs to happen next. The information you provide will be used to develop a strategic plan for BIAOR and a long-range STATE ACTION PLAN for brain injury services in Oregon.

Dates and locations are still being selected. Call the BIAOR office (1-800-544-5243) for information about the town meeting closest to you. Then mark your calendar and join us for this important session!

Mark your calendar and join us for this important session!





Resource Review **Opening Doors: A Housing Publication for the Disability Community (Newsletter)**

Technical Assistance Collaborative, Inc., Boston, & the Consortium for Citizens with Disabilities Housing Task Force, Washington, D.C.

Contact: Technical Assistance Collaborative Inc.; Tel: 617/742-5657; Email: info@tacinc.org

Innovative Practices in Supported Living: An Overview of Organizations, Issues, and Resource Materials (1996)

Prepared by Kathy Hulgin with Bonnie Shoultz, Pam Walker & Steve Drake, Center on Human Policy, Syracuse University

This packet defines “supported living” and summarizes key misconceptions of the term. Section Two describes the efforts of innovative agencies around the country. Section Three addresses the issues of housing, support, person-centered planning, individualized funding, and service brokerage. The book includes an annotated bibliography and list of relevant Internet resources.

Contact: OBIRN; Tel: 800/544-5243; Email: tbi@wou.edu



The National Housing Directory for People with Disabilities (1995)

Grey House Publishing

This directory provides a state-by-state listing of housing resources for people with disabilities. Entries include contact information, level of accessibility, ages and disabilities served, and administration information. The directory lists state agencies, referral or social service agencies, intensive and intermediate care facilities that offer

residential services, group homes and independent living facilities. There is also a section on federal agencies, national associations and organizations.

Contact: Grey House Publishing; Tel: 800/562-2139; Fax: 860/435-3004; Web: <http://www.greyhouse.com/>

A Guidebook on Consumer Controlled Housing: For Minnesotans with Developmental Disabilities (1995)

ARC of Minnesota & the R&T Center on Residential Services and Community Living

The guidebook outlines some of the options available to people interested in creating consumer-controlled housing arrangements. Some information is specific to Minnesota but much is useful to the general audience.

Contact: Publications Office, University of Minnesota; Tel: 612/624-4512

Housing, Support, and Community: Choices and Strategies for Adults with Disabilities (1993)

Julie Ann Racino, Pamela Walker, Susan O'Connor & Steven J. Taylor

This book presents current strategies and unique ways of thinking about supporting people with disabilities to live in their own homes and participate in community life.

Contact: Paul H. Brookes Publishing Co.; Tel: 800/638-3775; Fax: 410/337-8539 Web: <http://www.pbrookes.com/>

Please submit any information requests you may have to Laura Beck. Your name will not be used in this newsletter.

More Resources . . .

Help Me Find . . .

How do I locate an appropriate residential care facility for my family member?

Residential care programs designed specifically for individuals with brain injury are limited in Oregon. However, there are other options that may be appropriate for your family member.

First, contact the Oregon Senior and Disabled Services Division (SDSD) for information about residential care services in your area. The SDSD office in your county should be listed in the phone book, or you may contact the main office at 800/282-8096.

SDSD also publishes several resources that may be helpful. Community Based Care describes the different types of long-term care facilities such as adult foster homes, residential care facilities, assisted living facilities and nursing facilities. A Guide to Foster Care in Oregon for Potential Residents, Family Members and Friends and the Oregon Guide to Nursing Facilities are also available. Access these on-line at the SDSD website (see above) or by contacting SDSD.

The Assisted Living Federation of America (ALFA) is another source of information. The Assisted Living Consumer Information Statement can be printed from their website (see above) and taken to each assisted living residence you consider. It is intended to serve as a general guide for making informed decisions about the care and services provided in each assisted living setting. They also have on-line articles such as How to Choose a Residence and a Directory of Assisted Living Providers, searchable by state, county, city or metropolitan area.

Wandering the Web

Metropolitan Center for Independent Living: Home Ramp Project

Includes on-line version of How to Build Wheelchair Ramps for Homes.

<http://www.dragnet.org/rampman/rampman.htm>

ALFA

<http://www.alfa.org/consumer.htm>.

SDSD

<http://www.sdsd.hr.state.or.us/programs/programs.htm>

Disability Resources on the Internet: Housing

<http://www.disabilityresources.org/HOUSING.html>

HUD - Housing and Urban Development

<http://www.hud.gov/index.html>

ABLEDATA Informed Consumer's Guide to Accessible Housing

http://www.abledata.com/text2/icg_hous.htm

The Oregon Brain Injury Resource Network's (OBIRN) mission is to improve access to information and services for individuals with brain injury, their families, and the professionals who serve them. For assistance locating any of these resources or for other questions, please contact OBIRN at (800) 544-5243.



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