

January 2005

Iowa COMPASS News

A Program of the Center for Disabilities and Development

Get out and move, even in winter!

Just because it's winter doesn't mean you have to be cooped up indoors. It doesn't matter if you have a disability or not. There are wide ranges of winter sports programs designed specifically for people who have disabilities.

Disabled Sports USA –

www.dsusa.org/winter.html

451 Hungerford Drive, Suite 100
Rockville, MD 20850
303-217-0960

Extreme Adaptive Sports – www.sitski.com

504 Brett Place
South Plainfield, NJ 0780
908-313-5590
email: eas@sitski.com

Breckenridge Outdoor Education Center –

www.boec.org

PO Box 697
Breckenridge, CO 80424
970-453-6422
email: boec@boec.org

Adaptive Ski Program – www.adaptiveski.org/

1304 Calle Joya
Santa Fe, NM 87501
505-995-9858
email: Christi.hield@juno.com

National Sports Center for the Disabled –

www.nscd.org/

PO Box 1290
Winter Park, CO 80482
970-726-1540
303-316-1540
email: info@nscd.org

Here are a few sites you can look for online. You can also do a "Google" search for "disability winter sports programs" and find even more.

Services

Winter brings cold weather and higher heating bills. If you do not pay those bills, your heat and electricity can be shut off. It does not matter if it is cold outside or if you have a disability.

Low-income families can get help. A federally funded program called Low Income Home Energy Assistance Program (LIHEAP) may help pay utility bills. You can learn more about this program at www.state.ia.us/government/dhr/caa/LIHEAP.html. If you receive LIHEAP, Iowa suspends shut-offs between November 1 and April 1. A local community group or agency runs the program. They will determine if you and your income meet the conditions for help. Contact Iowa COMPASS for the name of the program near you. Contact Iowa COMPASS for information on any disability-related programs. You can call 800-779-2001 or email us at iowa-compass@uiowa.edu.

Funding News

Funding Assistive Technology in Iowa: an IPAT Resource Manual

This year's updated Funding Manual is now available. It has all the fact sheets and information on funding AT in Iowa. It was written for providers who work with Iowans with disabilities. Copies are available for \$25.00. Contact Jennifer Britton, Funding Resources Coordinator.

If you have any AT funding questions you can talk with Sue Deets, Funding Information Specialist.

She can answer your questions and send you funding fact sheets. You can contact either Jennifer or Sue at 800-779-2001. You can email both of them at compassfunding@uiowa.edu.

Iowa COMPASS has two other great resources. The first one is called *Assistive Technology Used Equipment Services, Loan Closets, and Rental Agencies*. This is a list of used equipment services in Iowa and throughout the U.S. You can find it at www.uiowa.edu/infotech/OTHERUSE.

The second resource is called *Iowa Loan Closets and Equipment Banks*. It is a more complete list of loan closets in Iowa. You can find it at www.uiowa.edu/infotech/LoanList.htm.

Product News

Ice Grip for canes and crutches:



Step outside with confidence on a winter day. The **5-prong ice grip** quickly and securely attaches to canes and crutches from 5/8" to 1" diameter with provided mounting screws. When not needed, just flip the ice pick up to a retracted position, so that the rubber tip at the end of the cane or crutch

is exposed.

Revolution Pro Comp mono ski:

The goal of the design was to develop a mono-ski using a dampening system. Also, to design a

mono-ski suitable for a beginner but ideal for the experienced skier with a suspension that duplicated



the action of the perfect suspension system (legs). The active system would feel soft on easy cruising runs, would firm up on bumpier stuff and really get

stiff on the big bumps and higher speeds.

For more information on these products and other winter-related adapted equipment, contact Ann Dudler, Assistive Technology Specialist, at compassproducts@uiowa.edu.

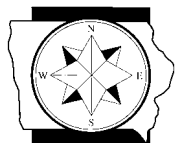
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www.medicine.uiowa.edu/iowacompass



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