



Disability Information & Referral  
Connecting People to Programs

Iowa's information and referral service on disability services, assistive technology (AT), AT funding resources, and AT legal advocacy.

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A PROGRAM OF THE CENTER FOR DISABILITIES AND DEVELOPMENT

# Iowa COMPASS News

## Time to get back outside!



As spring gets closer, we want to go outside. And just because a person is disabled, it doesn't mean that gardening cannot

be a worthwhile pastime. Many fun-filled and rewarding hours can be had if the appropriate tools are used.



If you use a wheelchair, gardening can be done using tools that are designed for people who are sitting, or by using a "raised bed" garden. It is also possible for people

with back problems or those who are paralyzed on one side to enjoy gardening from a non-bending position, or one-handed. No matter what your ailment, there are adapted tools out there to help make gardening enjoyable again.



Especially helpful tools for the disabled include the attachable extension type, quick release tools, adjustable cushioned handles, ratchet and pulley action and the use of strong but

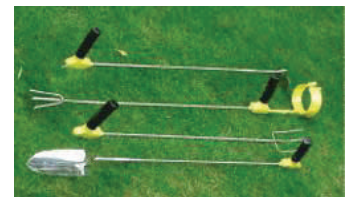
light-weight parts.



Tools should be efficient, comfortable, easy to use and long lasting. If you or some-



one you know would like to learn more about products that would make life a little better, call us at Iowa COMPASS. Our Product Search specialist is able to do a search of the internet, as well as search our own internal database, to



turn up items that would meet your needs. So if gardening is your pleasure, we can help. No matter what, we can help!

Resources with information in this article include:

[www.gardentoolsforallseasons.com](http://www.gardentoolsforallseasons.com)  
and [www.gonegardening.com](http://www.gonegardening.com).

## Spring Skill Builders: Books with “Can-Do” Attitude for People with Mobility Challenges

**Kids on Wheels: A Young Person’s Guide to Wheelchair Lifestyle**, edited by Jean Dobbs [c2004].

**Kids on Wheels: A Guide to Wheelchair Lifestyle for Parents, Teachers, and Professionals**, edited by Jean Dobbs [2004].

Plant the seeds of inspiration for the whole family. *Kids On Wheels* for the young person is a catalog of fun things to do, see, and be. The accompanying parents’ guide is a resource for advocacy, health and insurance issues, personal assistance, education, legal rights, transportation, travel and products. These resources, and the *Kids On Wheels* magazine, are available at: [www.kidsonwheels.us](http://www.kidsonwheels.us).

**Disabled and Challenged: Reach for Your Dreams!**, by Terry Scott Cohen and Barry M. Cohen, [2005].

Having myotonic dystrophy hasn’t made life easy for Terry Cohen, but he has persisted, found his true self, and discovered his skills. Terry now considers himself “an able person with a disability.” Read about Terry’s life as a young adult and savor his wisdom about lessons learned along the way.

**Teaching Motor Skills to Children with Cerebral Palsy and Similar Movement Disorders: A Guide for Parents and Professionals**, Sieglinde Martin [c2006].

A book for parents of children diagnosed with movement disorders to immerse themselves in the reasons for, and in the application of, gross motor skills therapy – also known as physical therapy. The book is loaded with family-friendly pictures, which augment the physical therapist’s recommendations for helping your child learn motor skills.

**When Walking Fails: Mobility Problems of Adults with Chronic Conditions**, Lisa I. Iezzoni, [c2003].

The stories of people whose walking is impaired by chronic conditions, as in the author’s case by multiple sclerosis. Lisa Iezzoni trained as a medical doctor but never became a physician, due largely to the onset of MS at a critical point in her life. With a gift for presenting complex information in approachable terms, Iezzoni explains the personal burden of walking difficulties as well as offering strategies for improving ambulation, often through the use of mobility aids. Stimulating as her book is for affected individuals and family members, Iezzoni goes a step further in prodding the medical establishment to fix system paradoxes and policy makers to eradicate barriers to mobility-related services for people of all ages.



**Save the Date - July 15, 2007  
RESNA ATP and ATS Exams  
Waterloo, Iowa**

In early 2008, Medicare will require power wheelchair evaluations to be performed only by RESNA-certified ATPs and will require equipment to be provided only by RESNA-certified ATs. In 2007, RESNA is scheduling more exam administrations in more locations around the country to make it easier for candidates to earn ATP and ATS certification before the new regulations take effect. Don’t get caught short -- use 2007 to get or renew your ATP or ATS certification.

To find out more about the RESNA assistive technology certification program and exams go to [www.resna.org](http://www.resna.org)

## Tax Facts

People who use assistive technology can save money on their taxes in all kinds of ways. We have created a Tax Facts sheet to provide you with some helpful information. Here is a list of some of areas covered on the fact sheet. Some of these tax breaks are only available to people who use assistive technology. Others are available to people with disabilities whether they use assistive technology or not. Finally, a few are available to all low-income people, even if they do not have a disability. **This fact sheet is NOT intended as tax advice.** To find the full Tax Facts sheet, go to [www.iowacompass.org/PDF/FundingManual.pdf](http://www.iowacompass.org/PDF/FundingManual.pdf). Scroll down to page 296. Or you can call Iowa COMPASS at 800-779-2001 for a copy.

### Income

- ~ Social Security and Railroad Retirement Benefits
- ~ Disability Pensions
- ~ Compensation for Personal Injury or Sickness
- ~ Dependent Care Benefits
- ~ Veterans Administration Disability Benefits

### Deductions

- ~ Medical Expenses
- ~ Impairment-Related Work Expenses
- ~ Standard Deduction for People who are Blind

### Tax Credits

- ~ Child Tax Credit (CTC)
- ~ Child and Dependent Care Credit
- ~ Earned Income Credit (EIC)
- ~ Credit for the Elderly or the Disabled
- ~ Property Tax Credit and Rent Reimbursement

### State Sales Tax Exemption

### Motor Vehicle Registration

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## Chore Services in Iowa for Individuals with Disabilities

Is it time to think about spring? If you need help with chores, now is the time to start looking. **Chore Service Programs** helps low income elderly and disabled individuals stay in their own homes by helping with outside chores. Don't forget your local handy-person service, local churches, youth groups, service groups, and if in a college community – sororities and fraternities. What do chores services typically do?

- Lawn Mowing
- Trimming
- Leaf Raking
- Yard Cleaning
- Snow Removal
- Window Washing
- Other miscellaneous chores

Where to find Chore Service assistance? Listed below are some of the programs available. If your area is not listed, you may wish to contact your local county government office, call 211 or visit them on the web at [www.irissoft.com/ai211/](http://www.irissoft.com/ai211/). You can also call the Area Agency on Aging at 866-468-7887. Visit them on the web at [www.iowafamilycaregiver.org/](http://www.iowafamilycaregiver.org/).

### Community Action of Eastern Iowa

515 Cedar Street  
Tipton, Iowa 52772  
Phone: 563-886-3191  
Toll Free: 800-920-319

### Chore Services Greater Regional Medical Center

1700 W. Townline Street  
Creston, Iowa 50801

Phone: 641-782-7091

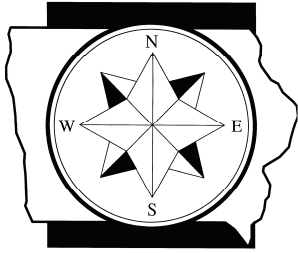
- Minor Home Repairs
- Window/Door Maintenance
- Fall/Spring Cleaning
- Yard Work/Snow Removal
- Focus is on improving Safety

### Community Housing Development Corporation (CHDC)

610 Forest Avenue  
Des Moines, Iowa 50314  
Phone: 515-557-1928

Provides minor home repairs and chore services for Polk County residents who are 60 years of age or older or handicapped/disabled and meet the 50% median income guideline.

[www.dmac.edu/urban/incresources.asp](http://www.dmac.edu/urban/incresources.asp)



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Iowa City, Iowa

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100 Hawkins Drive, Room S. 295  
Iowa City, Iowa 52242-1011

Phone: 800-779-2001  
Fax: 319-384-5139  
Email: [compassnewsletter@uiowa.edu](mailto:compassnewsletter@uiowa.edu)

We're on the web!  
[www.iowacompass.org](http://www.iowacompass.org)

Iowa COMPASS News is published bi-monthly through the Iowa Program for Assistive Technology. **Iowa COMPASS** is a project of the Center for Disabilities and Development, Iowa's University Center for Excellence on Disabilities. CDD is a component of the University of Iowa Hospitals and Clinics, University of Iowa Health Care. No endorsement of products or services is intended.

Support for Iowa COMPASS is provided by:

Iowa Department of Education  
Center for Disabilities and Development  
Iowa Program for Assistive Technology  
Division of Vocational Rehabilitation  
Iowa Department of Human Services  
Governor's Developmental Disabilities Council

**Iowa COMPASS**

800-779-2001 (toll-free)  
877-686-0032 (toll-free, TTY)  
319-353-8777 (local)

[www.iowacompass.org](http://www.iowacompass.org)

## Sibling Study

UNC Charlotte is studying how brothers and sisters of children with mental disorders are doing. If you have a child currently receiving mental health services, and other children in the home (aged 5 – 10 years), you can help!

You can help us learn what families need to be successful and help improve services and supports for children and families like yours.

You will be asked to answer a set of questions – some about your child who is receiving mental health services and some about each sibling. For your time you will receive \$10 for answering questions about your child receiving services and up to \$45 for answering questions about each sibling. You can also participate in the future and be reimbursed for your time. Your participation is completely voluntary.

For more information, with no obligation, please contact:  
Eylin or Jessica at 704 – 687 – 3230, 1-866-431-7437 (toll-free)