

# Membership Meeting and Center Updates

February 21, 2022

 | MICHIGAN MEDICINE  
UNIVERSITY OF MICHIGAN

**Center for Disability Health and Wellness**



# Agenda

- Overview
- Research
- Clinical
- Education and Training
- Communications
- Future Steps and Brainstorming

# OVERVIEW



**Center for Disability Health and Wellness**

# Mission, Vision and Brand



**The Mission of the University of Michigan Center for Disability Health and Wellness (U-M CDHW)** is to develop and apply innovative research, clinical, and educational strategies to address inequities in healthcare access, quality, and outcomes experienced by individuals with physical, sensory and developmental disabilities across the lifespan.

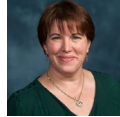
**Our Vision** is of working in partnership with members of the disability community to ensure that all people, regardless of type or severity of disability, have full access to quality health care and to wellness activities personalized to their background, strengths and needs.



**Center for Disability Health and Wellness**

# Personnel

## Co-directors:



**Dr. Michelle Meade**



**Dr. Michael McKee**

## Staff

Michelle Thomas, Center Coordinator

Sara Turner, Communications Manager

## Executive Committee

- Philippa Clarke
- Josh Ehlich
- Diane Harper
- Elham Mahmoudi
- Mark Peterson

## Regular Activities

### ➤ Weekly

- Accessibility Task Force Meetings: Every Thursday at 9am EST

### ➤ Monthly

- Membership Meetings: Every 3<sup>rd</sup> Monday at 9:00 am EST
- Research Meetings: Every 1<sup>st</sup> Thursday at 1:00 pm EST

### ➤ Annually

- January: MLK Day Panel
- October: Disability Research Symposium

# Communication / Outreach

## ➤ Internal / UM

- M-Community Group: [UM-Disability-Health@med.umich.edu](mailto:UM-Disability-Health@med.umich.edu)
- Phone: (734) 615-6720
- Address: Burlington Building, Lower Level Suite 6  
325 E. Eisenhower Parkway, Ann Arbor, Michigan 48108

:

## ➤ Internal / External

- Website: [disabilityhealth.medicine.umich.edu](http://disabilityhealth.medicine.umich.edu)



○ Quarterly Newsletter *Coming Soon*

## ➤ External



Facebook

[facebook.com/groups/umcdhw](https://facebook.com/groups/umcdhw)



Twitter

[@UMDisabilityCtr](https://twitter.com/UMDisabilityCtr)

*Please follow us on Twitter and join our Facebook group then invite friends to join as well*

## Financial Overview

- Operating line of obtained from the Medical School's Executive Committee / Dean's Office in April 2021 to finance our initial two-year plan
- Current expenditures
  - COVID-related policies and realities delayed the hiring new personnel
  - As of December 31, 2021, CDHW had expended funds for
    - Personnel
      - 5% time of CDHW Co-Directors
      - 50% time for CDHW Coordinator (start date 7/2021)
      - 30% time for Thomas (start date 11/21)

Not included is the \$5000 that has been protected to support a project to provide orientation and mobility training to HOPE Ambassadors.
- Contributions by
  - Space and administrative support provided by the Department of Physical Medicine and Rehabilitation and the IDEAL RRTC



- Increased time for Center Coordinator for 3 months to assist with grant development
  
- Marketing
  - Glossy / Print versions of Annual Report
  - Video of Annual Report
  - Brand-enhancement Activities
  - Sponsoring / Presence at select Disability-Health Related Meetings
  
- Strategic Planning
  
- Donations / Development
  - Work with Development office
    - Need \$5000 donation before we can put a link on our website

# Research



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# Current Grants



- **University of Michigan *Investigating Disability factors and promoting Environmental Access for healthy Living Rehabilitation Research Training Center (IDEAL RRTC)*** – September 2018 to 2023
  - Funded by NIDILRR (#90RTHF0001)
  - Mission of understanding and enhancing healthy aging for people with long-term physical disabilities, especially those at risk for poorer outcomes because of lack of resources, severity of disability, location, or other circumstances through research and knowledge translation activities.
  
- **MICHR Synergy Grant Funding** - Jan 2020 to October 2021
  - Designed to support interdisciplinary research teams in pursuing external multicomponent NIH large-scale grants
  - Translates and applies the ideas, investigations, and analyses from the [IDEAL RRTC](#) (described above), to examine the health and health care disparities of adults with long-term sensory disabilities. The project has resulted in one publication with at least five more in development.
  
- **Pregnancy with Disabilities (Sept 2021 – Aug 2026)**
  - Disability and Rehabilitation Research Project funding from NIDILRR
  - Partnership with Brandeis University
  - Piloting the Disability Accommodations MiChart tab at a designated obstetrics clinic at Michigan Medicine.

## Other Research Activities

### ➤ Disability Health Research Symposium

- 2<sup>nd</sup> Annual event took place on October 1, 2021,
- 10 researchers gave 12-minute TED-type talks
- Keynote speaker was Dr. Anjali Forber-Pratt, NIDILRR Director in ACL

### ➤ Disability Health Publications

- Multiple submissions for *Health Affairs* special issue

### ➤ Mentorship of researchers with disabilities

# Clinical



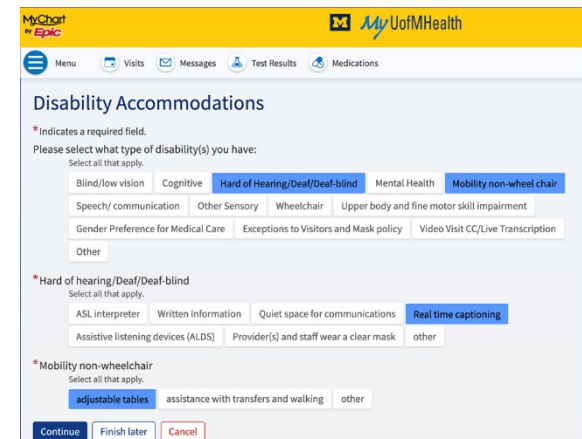
**Center for Disability Health and Wellness**

## Current Activities and Initiatives

- Development of COVID-Related Policies and Advocacy
  
- Model Clinics
  
- Webpage on Accessibility and Disability Accommodations
  - <https://disabilityhealth.medicine.umich.edu/accessibility-disability-accommodations-michigan-medicine>

# Accessibility Task Force

- Disability Tab / Disability Related Field Within Mi-Chart
- Disability Accommodations Resources, Protocols and Tip sheets
- Involvement in and consultation with Michigan Medicine Initiatives
  - Mi-Chart Bedside
  - Care at Home Initiative
  - IHPI Taskforce on Workplace Diversity and Health Equity
- Training HOPE Ambassadors as Human Guides for Patients who are Blind/Vision Impaired
- ADA Cart for Hospital to be sponsored by Patient Services



# Education & Training



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## Current Education and Training Initiatives and Activities

- **U-M Medical School Disability Health Elective** *in partnership with the Department of Family Medicine's MDisability Program*
- **Health & Disabilities course (University of Michigan Center for Interprofessional Education, or IPEC)** *organized and taught by Dr. Steve Erickson*
- **Quarterly Webinar Series** *in collaboration with the IDEAL RRTC*
- **RRTC Monthly Training Symposia**

# Community Engagement & Advocacy



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# Internal and Community Partners

## Internal

- Center for Healthcare Research and Transformation (CHRT)
- Family Medicine & MDisability
- Hope Ambassadors / Volunteer Services
- Institute of Healthcare Policy and Innovation
- Michigan Medicine Disability Research Group
- Michigan Medicine Office of Health Equity and Inclusion (OHEI)
- Physical Medicine & Rehabilitation

## External

### ➤ Local

- Ann Arbor Center for Independent Living
- Capuchin Soup Kitchen Services Center (Detroit)
- Communities First (Flint)
- Detroit Disability Power
- LGBT Detroit
- Michigan Paralyzed Veterans of America (MPVA)
- PEAC
- The Arc of Western Wayne County
- The Disability Network of Flint
- Warriors on Wheels of Greater Detroit

### ➤ National

- AARP
- The Arc
- No Wrong Door Virginia
- NARIC
- Advancing States
- Paralyzed Veterans of America

## Current Activities

- **Community Grants:** Through funding provided by the IDEAL RRTC, we were able to provide \$12,000 grants to three community organizations to develop, expand, and/or implement activities and programs to enhance healthy aging for adults with long-term physical disabilities.
  - Detroit Disability Power
  - The Disability Network of Flint
  - PEAC – Everyone Can Ride ([bikeprogram.org](http://bikeprogram.org))
  
- **Bridging the Digital Divide:** The CDHW, in collaboration with the *Disability Research for Individual and Community Success Laboratory*, received funding from the Craig H. Neilsen Foundation to provide computers, tablets, and hotspots to individuals with spinal cord injury in southeastern Michigan
  
- **National Resource Center for Aging with Disability:** This online resource connects people with information about programs and organizations that can help them live healthier and more enjoyable lives.



# Communication Priorities

Identifying future IDEAL RRTC KT efforts

# Our Audiences



- **Internal Audiences** – Faculty, staff, leaders and learners within the University of Michigan as well as U-M schools, departments, programs and initiatives
- **Lay Audiences** - stakeholders with direct/indirect experience and/or interest around **aging with physical/mobility disabilities**
- **Expert Audiences** - academic or clinical researchers developing interventions, studying subjects, or visiting/interacting with adult (18+) patients **aging with physical/mobility disabilities**

# Our Proposed Deliverables



Lay Audiences | Expert Audiences |  
Internal Audiences

- Research Briefs developed by Communications Specialist and CHRT [L+E + I]
- Articles/Brief Items
  - For external publications [L]
  - Journals and special issues [E + I]
  - Community grant spotlights [L + I]
- Webinars (recorded) [L+I]
- Visual materials
  - Visual abstracts [E]
  - Infographics [L]
- Video explainers and short subject [L + I]
- Events (recorded) [L + I]

# Distribution Channels



Lay Audiences | Expert Audiences | Internal Audiences

Social Media	E Newsletter	Michigan Medicine Distribution	Health Care Conferences	Mail	Direct Outreach (i.e., Cold Emails)
Research Briefs [L+E]	Research Briefs [L+E+ I]				
External Articles [L]	External Articles [L+ I]	External Articles [L]		External Articles [L]	
Journals and special issues [E]			Journals and special issues [E]		
Community grant spotlights [L]	Community grant spotlights [L+ I]				
Webinars (recorded) [L]	Webinars (recorded) [L+ I]	Webinars (recorded) [L+ I]			Webinars (recorded) [L]
Visual abstracts [E]	Visual abstracts [E+ I]	Visual abstracts [E+ I]	Visual abstracts [E]	Visual abstracts [E]	
Infographics [L]	Infographics [L+ I]	Infographics [L+ I]	Infographics [L]	Infographics [L]	
Video explainers [L]	Video explainers [L+ I]	Video explainers [L+ I]			
Events (recorded) [L+E]	Events (recorded) [L+E+ I]				Events (recorded) [L+E]



# Growing our Social Media & Email Marketing



[View this email in your browser](#)



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CDHW-UM Quarterly Newsletter | First Issue | Spring 2022



Group by Michigan Medicine

University of Michigan Center for Disability Health and Wellness (U-M CDHW)

Public group · 116 members

Join group

← **Dr. Michelle Meade**  
888 Tweets

Ensuring access to quality health care personalized to all backgrounds, strengths and needs

Center for Disability Health and Wellness

Edit profile

**Dr. Michelle Meade**  
@UMDisabilityCtr

Research account - Rehab Psychologist and Co-Director of the @UMich Center for Disability Health and Wellness with Dr. Mike McKee @deafmd1. Personal @MAMeadePhD

Ann Arbor, MI [disabilityhealth.medicine.umich.edu](https://disabilityhealth.medicine.umich.edu)

304 Following 424 Followers

Tweets Tweets & replies Media Likes

📌 Pinned Tweet

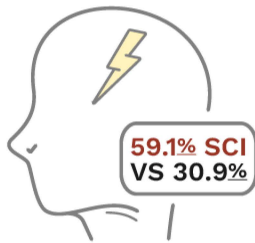
**Dr. Michelle Meade** @UMDisabilityCtr · Jan 2, 2020 ...

An engine powering the Center is a [@ACLgov](#) NIDILRR grant to establish a Rehabilitation Research and Training Center (RRTC) here at the University of Michigan. Our RRTC will generate research evidence for environmental factors impacting healthy living [disabilityhealth.medicine.umich.edu/research/ideal...](https://disabilityhealth.medicine.umich.edu/research/ideal...)

- 📘 Our Facebook group
  - [facebook.com/groups/umcdhw](https://facebook.com/groups/umcdhw)
  - 118 followers
- 🐦 Our Twitter Presence
  - [@UMDisabilityCtr](https://twitter.com/UMDisabilityCtr)
  - 424 followers
- 📧 Our Mailchimp mailing list
  - <http://eepurl.com/hRUig1>
  - 218 contacts
- Growing our presence
  - Earned vs. Paid traffic
  - Paid campaigns on Facebook
  - Posting quality content and useful resources
  - Spreading the word offline

# High Rates of Psychological Health Disorders in Persons with a Spinal Cord Injury (SCI)

Adults with SCI are more likely to live with psychological disorders



This includes anxiety disorders, PTSD, cognitive disorders, mood disorders, alcohol-related and substance-related disorders

Centralized & neuropathic pain was associated with ALL psychological disorders



**PTSD**

HR: 3.38; 95%CI: 3.11, 3.67

**Substance-related disorders**

HR: 3.74; 95%CI: 3.63, 3.8

It is crucial for physicians to provide early referrals for pain management



In most cases, chronic centralized and neuropathic pain was **more highly associated** with psychological morbidity than the SCI



**Learn more:** Peterson, M.D., Meade, M.A., Lin, P. et al. Psychological morbidity following spinal cord injury and among those without spinal cord injury: the impact of chronic centralized and neuropathic pain. *Spinal Cord* (2022). <https://doi-org/10.1038/s41393-021-00731-4>

IDEAL RRTC Research Brief

## Can Shared Automated Vehicles Open New Transportation Options for People with Disabilities?



Shared Automated Vehicles (SAVs) could serve as safe and independent transportation option for older adults and people with disabilities. Inclusive SAV design can promote improved safety, participation in social activities, and quality of life. Unfortunately, early testing shows that SAVs tend not to be designed with people with disabilities in mind.

Researchers from the University of Michigan worked to add more accessibility features to a SAV. They assembled a team including researchers familiar with accessibility and subject matter experts, such as individuals with mobility and sensory impairments.

The team recommended these key modifications:

- Installing an automated access ramp
- Increasing the available floor space on-board
- Installing a securement system for wheeled devices and their occupants

### Challenges

Researchers wanted to modify the SAV to exceed requirements set by the Americans with Disabilities Act. In the end, some changes couldn't be made without compromising the structural integrity of the vehicle. Other changes introduced new usability concerns.

### Why?

- The presence of a manual ramp made it more difficult for walking users to step on and off the vehicle.
- People who use walkers couldn't easily use handrails to board the low height SAV. They chose to use the ramp.
- Seats were changed to smaller flip-up seats, with one seat becoming side-facing. These modifications negatively influenced usability and comfort.
- Only a four-point securement system was feasible, not an automated one. The user of the system needed an attendant to secure them in place.

According to the American Association of People with Disabilities

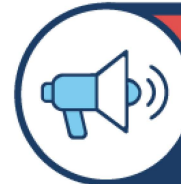
500,000+

people with disabilities never leave their homes due to

LACK OF TRANSPORTATION

What is a Shared Automated Vehicle (SAV)?

SAVs are automated or driverless shuttles. They are low-speed automated vehicles that can be used by two or more passengers at the same time.



### Call To Action

- There are no federal or industry guidelines specific to the design of SAVs providing accessibility standards covering the full spectrum of people with disabilities.
- Individuals passionate about accessibility and inclusion should contact their local representatives and request that this issue be included in the next legislative session.

## SNAPSHOT INTO THE RESEARCH

Accessibility Retrofit of a Shared Automated Vehicle: Challenges and Lessons Learned. *Proc Hum Factors Ergon Soc Annu Meet.* (2019). DOI: 10.1177/1071181321651168; PMID: 34421289; PMCID: PMC8375518. Kamolnat Tabattanon, Clive D'Souza



### Goal of the Study

To make retrofit modifications to the physical design/structure of a SAV, recounting the processes involved and lessons learned.

accommodated without a wheelchair on-board.

### Findings

The modified SAV did fully comply with minimum requirements specified by the ADA accessibility guidelines. However, these dimensions were less than the recommended dimensions for maximizing inclusion.

### Solutions

Researchers recommended that the usability needs of all potential users be incorporated early in the design planning. Retrofitting vehicles for usability leaves many problems unaddressed and can even create additional concerns.

To minimize feelings of physical and psychosocial distress on the part of the users, the authors of the study recommend the following:

- Strive to accommodate the diverse range of passenger abilities from the start.
- Design with independence in mind.
- Avoid design choices that stigmatize users.
- Allow for trips with companions, both animal and human.

The contents of this brief were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90RTHF0001). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this brief do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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Visit  
disabilityhealth.medicine.umich.edu

Adapted By  
Sara C. Turner, MSc



# Future Steps



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# 2022 OUTLOOK & GOALS



- Development of CDHW branding, strategic plan, and Community Stakeholder and National Advisory Boards as well as plans for fiscal sustainability
- Implementation of regular virtual educational series for individuals with disabilities (via Facebook Live or YouTube) and health care providers (through webinars that offer CMEs)
- Continued implementation of the annual U-M Disability Health Research Symposium and Panel for Reverend Dr. Martin Luther King Jr. Day
- Expansion of postdoctoral fellowship program focused on disability health research
- Development and submission of research grants to federal agencies and private foundations focused around issues of equity, health care disparities, community participation, and aging of individuals with disabilities.
- Accessibility Task Force
- Pursue support through the Provost's anti-racism initiative and other DEI initiatives to hire faculty members in the School and other programs with expertise to conduct research at the intersection of systemic racism and disability.
- Develop a speaker's bureau.
- Provide support and training for community organizations in their grant applications, research, and program development activities.
- Community engagement, including health fairs, etc.
- Identification of providers willing to take on patients with disabilities (*similar to LGBTQ provider list*)

# Planned Financial Expenditures and Activities

## ➤ **Planned Financial Expenditures between 2022 and 2023**

- **Existing personnel costs**
- **Data Analyst** (YR 1-2; 0.20% FTE): Responsibilities are to assist with data pulls and analysis required for CDHW-related activities.
- **Marketing and Outreach**
- **Product development services and supplies:** Costs associated with CDHW producing products or outputs, including webinars, manuals, videos, and training materials. Funds may be used to cover video production and editing, graphic design services, technical support and management of webinars, the purchase of images, and other fee-for-service activities that will involve outside individuals.
- **Community Advisory Board:** Funds will engage adults living with disabilities (including caregivers) and representatives of disability organizations to participate in two-hour quarterly meetings. Eight members representing different organizations will receive an honorarium of \$1000/year for providing their time and expertise on materials and at meetings.
- **Strategic Planning**

## ➤ **Financial Planning Activities**

- Research Grants and Contracts
- Fundraising / Development
- Development of Sustainable Resources

# Brain-storming

**Thank you!!**