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
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.
Personnel

Co-directors:
- Dr. Michelle Meade
- Dr. Michael McKee

Staff
Michelle Thomas, Center Coordinator
Sara Turner, Communications Manager

Executive Committee
- Philippa Clarke
- Josh Ehlrich
- Diane Harper
- Elham Mahmoudi
- Mark Peterson
Regular Activities

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

- **Monthly**
  - Membership Meetings: Every 3rd Monday at 9:00 am EST
  - Research Meetings: Every 1st 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
Future Plans

- 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

Center for Disability Health and Wellness
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**
  - 2nd 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
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](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
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

Center for Disability Health and Wellness
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)

- **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

- 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

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Growing our Social Media & Email Marketing

- **Our Facebook group**
  - [facebook.com/groups/umcdhw](http://facebook.com/groups/umcdhw)
  - 118 followers

- **Our Twitter Presence**
  - [@UMDisabilityCtr](http://twitter.com/UMDisabilityCtr)
  - 424 followers

- **Our Mailchimp mailing list**
  - [http://eepurl.com/hRUig1](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

https://doi-org/10.1038/s41393-021-00731-4
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

According to the American Association of People with Disabilities

500,000+

people with disabilities never leave their homes due to LACK OF TRANSPORTATION

**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.

**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**


**Goal of the Study**

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

**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.

The modifications brought some changes in core vehicle features, space availability, and occupancy. The space and weight capacity supported one occupied manual wheelchair along with one to two (ambulatory) passengers. In this case, very little legroom on-board remained. Four ambulatory passengers could be accommodated without a wheelchair on-board.

**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.

**Contact**

UM-Disability-Health@med.umich.edu

**Lead Researcher**

Clive D’Souza, PhD

**Visit**

disabilityhealth.medicine.umich.edu

**Adapted By**

Sara C. Turner, MSc

The contents of this brief were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90RT0001). 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.
Future Steps
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!!