

RESOURCES

HEALTH AND HEALTH PROMOTION

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SELF-ADVOCACY

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GENERAL AGING WITH DEVELOPMENTAL DISABILITIES

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POLICY/SERVICE DELIVERY

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- **Innovative internetwork service models serving older adults with developmental disabilities and older family caregivers: Final report**, (1996), Factor, A.
- **Opening all the doors under the ADA: Making your programs accessible to older adults with cognitive disabilities**, (1996), Jones, R. & Factor, A.
- **Project brief: Innovative internetwork service models serving older adults with developmental disabilities and older family caregivers**, (1996), Factor, A.
- **Peer companion model implementing community integration for older persons with developmental disabilities**, (1992), Roberts, R., Sutton, E., & Caramela-Miller, S.

RESOURCES FOR EXERCISE

- **National Center on Physical Activity and Disability (NCPAD)**, Department of Disability and Human Development, The University of Illinois at Chicago. Jim Rimmer, Ph.D., Director, 1640 W. Roosevelt Road, Chicago, IL 60608-6904, phone: 1-800-900-8086 (voice and tty), email: JRimmer@uic.edu. URL: <http://www.ncpad.org/>.
- **Chimes Exercise Manual**, The School of Public Health, The University of Illinois at Chicago, Center for Health Interventions with Minority Elderly. Tom Prohaska, Ph.D., Prohaska@uic.edu, (312) 996-6344.
- **Dynabands - Resistive Fitness Bands**, The Hygenic Corporation, (800) 321-2135.
- **Polar Heart Rate Monitors B1 Type**. We have used these watches with of our community groups and they are really easy to use. This watch comes with a chest strap. The current price is \$39.95 per watch with free UPS ground shipping. Heart rate monitors can be ordered from the Polar Heart Rate Monitors website at www.polar-usa.us/polar-f1.html.
- **Wrist Blood Pressure Monitor**. The Wrist Blood Pressure Monitor is very easy to use and many participants can use it on their own. They also have free UPS ground shipping. The MF 77 Wrist Blood Pressure Monitor with IQ SystemT & PC Compatibility is \$89.95 and can be ordered from the Quick Medical website at http://quickmedical.com/mark_of_fitness/bloodpressure/mf77.html.
- **Pep Up Your Life with Exercises: The Key to The Good Life**, AARP, <http://library.monterey.edu/instruction/icmodules/evaluate/aarp.html>.
- **YMCA/YWCA**
- **Local Community-Based Recreation Programs**

RESOURCES, continued

RESOURCES FOR SELF-ADVOCACY AND LEADERSHIP

- **Advocating Change Together (ACT)**, 1821 University Avenue, Suite 306-S, St. Paul, MN 55104, 1-800 641-0059, URL: <http://www.selfadvocacy.com>. ACT is a nonprofit, organization formed in 1979 to promote self-advocacy by people with developmental disabilities. ACT is managed by a board of directors comprised primarily of persons with disabilities.
- **People First International, Inc.** P.O. Box 12642, Salem, Oregon, USA, 97309, email address: people1@open.org, phone: (503) 362-0336, URL: <http://www.open.org/~people1/>. People First is developmentally disabled people joining together to learn how to speak for ourselves.
- **Self Advocates Becoming Empowered (SABE)**. A primary goal of SABE is to make self-advocacy available in every state including institutions, high schools, rural areas and people living with families with local support and advisors to help. P.O. BOX 105CI, New Fairfield, CT 06812, email: josephlb@venturalink.net, URL: <http://www.sabeusa.org/>.