

RESOURCES



Section 6 has been funded by educational grants from the following organizations, companies and individuals.

American Board for Certification in Orthotics & Prosthetics • College Park Industries • First Tennessee Bank • FLO-TECH • Great Plains Orthotics & Prosthetics, Inc. • Malone Prosthetics & Orthotics • Mulenburg Prosthetics & Orthotics, Inc. • Nebraska Orthotic & Prosthetic Services • Perry Prosthetics, Inc. Preferred Orthotic and Prosthetic Services • Ryder Orthopaedics, Inc.—Naples, FL • Sequoia Prosthetics

For more information on sponsors, see pages 129–130.

Resources

ADVOCACY

American Association of People with Disabilities

800/840-8844
www.aapd-dc.org

American Bar Association
800/285-2221
www.abanet.org/disability

Americans with Disabilities Act Hotline
800/514-0301

Amputee Coalition of America
888/267-5669
www.amputee-coalition.org
Note: No funding from the CDC is used to support ACA advocacy efforts.

Fair Housing Act
202/708-1112
www.hud.gov/offices/fheo/FHLaws

Independent Living Centers Directory
www.virtualcil.net/cils

National Patient Advocate Foundation
757/873-0438
www.npaf.org

Patient Advocate Foundation
800/532-5274
www.patientadvocate.org

SNAP: Special Needs Advocate for Parents
888/310-9889
www.snapinfo.org/home.html

Voices for America's Children
202/289-0777
www.childadvocacy.org

Wrightslaw
www.wrightslaw.com



PUBLICATIONS

"Advocating for Your Child." Rick Bowers. *Expectations*. 2005, pp. 30-31.
www.amputee-coalition.org/expectations/advocating.html

"Taking Charge: How to Become Your Child's Best Advocate." Jenifer Simpson and Helen Rader. *inMotion*. May/June 2001, pp. 16-18.
www.amputee-coalition.org/inmotion/may_jun_01/childs.html

AMPUTATION LEVELS

"Know Your Options: An Explanation of the Rotationplasty and Tibia Turn-Up Procedures." Kevin Carroll. *inMotion*. March/April 2005.
www.amputee-coalition.org/inmotion/mar_apr_05/rotationplasty.html

"Notes From the Medical Director (NFMD): Higher Challenges: The Hip Disarticulation and Transpelvic Amputation Levels." Parts 1-3. Douglas G. Smith. *inMotion*. January/February 2005, March/April 2005, May/June 2005.
www.amputee-coalition.org/inmotion/jan_feb_05/higherchallenges.html
www.amputee-coalition.org/inmotion/mar_apr_05/higherchallenges2.html
www.amputee-coalition.org/inmotion/may_jun_05/higherchallenges.html

"NFMD: The Knee Disarticulation: It's Better When It's Better and It's Not When It's Not." Douglas G. Smith. *inMotion*. January/February 2004.
www.amputee-coalition.org/inmotion/jan_feb_04/kneedisartic.html

"NFMD: The Syme Ankle-Level Disarticulation: Heels and Healing." Douglas G. Smith. *inMotion*. May/June 2003.
www.amputee-coalition.org/inmotion/may_jun_03/meddir.html

"NFMD: The Transfemoral Amputation Level. Parts 1-5:" Douglas G. Smith. *inMotion*. March/April 2004, May/June 2004, July/August 2004, September/October 2004, November/December 2004.
www.amputee-coalition.org/inmotion/mar_apr_04/transfemoral.html
www.amputee-coalition.org/inmotion/may_jun_04/transfemoral.html
www.amputee-coalition.org/inmotion/jul_aug_04/transfemoral3.html
www.amputee-coalition.org/inmotion/sep_oct_04/transfemoral4.html
www.amputee-coalition.org/inmotion/nov_dec_04/transfemoral5.html

"NFMD: Transtibial Amputations: Successes and Challenges." Douglas G. Smith. *inMotion*. July/August 2003.
www.amputee-coalition.org/inmotion/jul_aug_03/meddir.html



"Prosthetic Primer: Partial Foot Amputation: Sometimes Less Means More." Douglas G. Smith. *inMotion*. March/April 2003.
www.amputee-coalition.org/inmotion/mar_apr_03/primer.html

"Support and Information for Upper-Limb Amputees: Just a Few Keystrokes or a Phone Call Away!" Eric Westover. *inMotion*. May/June 2005, pp. 56-57.
www.amputee-coalition.org/inmotion/may_jun_05/upperlimbsupport.html

ASSISTIVE DEVICES

ABLEDATA
800/227-0216
www.abledata.com

Adaptive Driving Alliance
623/434-0722
www.adamobility.com

Association for Driver Rehabilitation Specialists
800/290-2344
www.driver-ed.org

Automotive Safety Issues
888/327-4236
www.nhtsa.dot.gov/cars/rules/adaptive

The Center for Universal Design
800/647.6777
www.design.ncsu.edu/cud

Disabled Dealer Magazine
888/521-8778
www.disableddealer.com

eBay – Disability Resources
pages.ebay.com/disability-resources

Family Center on Technology and Disability
202/884-8068
www.fctd.info

National Mobility Equipment Dealers Association
800/833-0427
www.nmeda.org

National Resource Center on Supportive Housing and Home Modification
213/740-1364

For resources on assistive technology for employment, see page 84.

CAREGIVING

Children of Aging Parents
800/227-7294
www.caps4caregivers.org

ElderWeb
309/451-3319
www.elderweb.com

FamilyCareAmerica
www.familycareamerica.com

Family Caregiver Alliance
800/445-8106
www.caregiver.org

National Alliance for Caregiving
www.caregiving.org

National Association for Home Care
202/547-7424
www.nahc.org/Consumer/coninfo.html

National Family Caregivers Association
800/896-3650
www.nfcares.org

PUBLICATIONS

Caregiving Newsletter
773/343-6341
www.caregiving.com

Today's Caregiver
800/829-2734
www.caregiver.com

COMMUNITY & FEDERAL SERVICES & FUNDING ASSISTANCE

American Association of People with Disabilities
800/840-8844
www.aapd.com/links/linkscholarshipawards.php

Barr/United Amputee Assistance Fund
561/394-6514
www.oandp.com/organiza/barr/index2.htm

BenefitsCheckUp
www.benefitscheckup.org

Benefits for Children With Disabilities
800/772-1213
www.ssa.gov/pubs/10026.html

Disabled Children's Relief Fund
www.dcrf.com

Easter Seal Society
800/221-6827
www.easter-seals.org

GovBenefits.gov
800/333-4636
www.govbenefits.gov

Habitat for Humanity
www.habitat.org/local

Limbs for Life Foundation
888/235-5462
www.limbsforlife.org

Lions Clubs International
630/571-5466
www.lionsclubs.org

Medicaid Early & Periodic Screening, Diagnosis & Treatment
410/786-5916
www.cms.hhs.gov/medicaid/epsdt
State Plans
877/267-2323
www.cms.hhs.gov/medicaid/stateplans

Medicare Helpful Contacts
www.medicare.gov/Contacts
Prescription Assistance Programs
www.medicare.gov/Prescription/Home.asp

The Medicine Program
866/694-3893
www.themedicineprogram.com

National Patient Air Transport Helpline
800/296-1217
www.npath.org

New Beginnings Prosthetic Ministries
949/230-1999
www.newbeginnings2000.org

Partnership for Prescription Assistance
888/477-2669
<https://www.pparx.org>

Prosthetics for Diabetics Foundation
www.expage.com/page/pfdfoundation

Rotary International
847/866-3000
www.rotary.org/services/clubs

St. Jude Children's Research Hospital
866/2STJUDE
www2.stjude.org

Shriners
800/237-5055
www.shrinershq.org/hospit.html

U.S. Dept. of Veterans Affairs
800/827-1000
www.va.gov

Variety Clubs International
888/852-1300
www.usvariety.org

Vocational Rehabilitation
800/772-1213
www.ssa.gov/work/ServiceProviders/rehabproviders.html

DIABETES

American Association of Diabetes Educators
800/338-3633
www.diabeteseducator.org

American Diabetes Association
800/342-2383
www.diabetes.org

American Podiatric Medical Association
800/275-2762
www.apma.org

CDC Diabetes Public Health Resource
877/232-3422
www.cdc.gov/diabetes

Diabetes Action
202/333-4520
www.diabetesaction.org

Diabetes Exercise and Sports Association
800/898-4322
www.diabetes-exercise.org

Joslin Diabetes Center
617/732-2400
www.joslin.org

Juvenile Diabetes Research Foundation
800/533-2873
www.jdrf.org

National Diabetes Education Program More Than 50 Ways to Prevent Diabetes
301/496-3583
www.ndep.nih.gov/diabetes/pubs/50Ways_tips.pdf

National Diabetes Information Clearinghouse
800/860-8747
www.diabetes.niddk.nih.gov





Photo courtesy of Freedom Innovations

National Institute of Diabetes & Digestive & Kidney Diseases
www.niddk.nih.gov

PUBLICATIONS

Diabetes Forecast
800/806-7801
www.diabetes.org/diabetes-forecast.jsp

Diabetes Health Magazine
800/488-8468
www.diabetesworld.com

Diabetes Self-Management
800/234-0923
www.diabetesselfmanagement.com

EDUCATION

See page 80.

EMPLOYMENT

See page 80.

EXERCISE

See page 94.

HEALTH INFORMATION

American Amputee Foundation
501/666-2523
www.americanamputee.org

Amputee Resource Foundation of America
www.amputeeresource.org

DisabilityInfo.gov
www.DisabilityInfo.gov

HealthFinder.gov
www.healthfinder.gov

iSafetyNet
202/842-9005
www.isafetynet.org

National Institutes of Health
301/496-4000
www.nih.gov

National Rehabilitation Information Center
800/346-2742
www.naric.com

National Women's Health Information Center
800/994-9662
www.4woman.gov

Surviving Limb Loss
www.survivinglimbloss.org

Virtual Hospital
www.vh.org

INSURANCE ISSUES

Georgetown University Health Policy Institute
www.healthinsuranceinfo.net

HealthCove
800/796-5558
healthcove.com

Insure Kids Now!
877/543-7669
www.insurekidsnow.gov

For more insurance resources, see page 74.

MENTAL HEALTH

See page 25.

MULTICULTURAL HEALTH

See Connections at
www.amputee-coalition.org/connections.html

NUTRITION

American Dietetic Association
800/877-1600
www.eatright.org

Nutrition.gov
www.nutrition.gov/home/index.php3



USDA National Nutrient Database
301/504-0630
www.nal.usda.gov/fnic/foodcomp/search

PAIN

American Pain Foundation
888/615-7246
www.painfoundation.org

American Pain Society
847/375-4715
www.ampainsoc.org

The National Foundation for the Treatment of Pain
713/862-9332
www.paincare.org

National Library of Medicine
888/346-3656
www.nlm.nih.gov

For more information about pain, see First Step, Volume 2 and Volume 3.

PEER SUPPORT

Friends Health Connection
800/483-7436
www.48friend.org

PUBLICATION

"Peer Contact for Parents of Children With Congenital Amputations." Karen Neimanas. Fact Sheet. 2002.
www.amputee-coalition.org/fact_sheets/pc_congenital_amputations.html

PERIPHERAL VASCULAR DISEASE

American Heart Association
800/242-8721
www.americanheart.org

Legs For Life
www.legsforlife.org/main.shtml

Vascular Disease Foundation
866/723-4636
www.vdf.org

PROSTHESES

American Board for Certification in Orthotics and Prosthetics
703/836-7114
www.abcop.org

Board for Orthotist/Prosthetist Certification
877/776-2200
www.bocusa.org

PUBLICATIONS

"Pediatric Prosthetic Care Requires Special Considerations." Chris Perry. *inMotion*. May/June 2001.
www.amputee-coalition.org/inmotion/may_jun_01/primer.html

For more information about prosthetic devices, see First Step, Volume 2 and Volume 3.



SENIORS

AARP
888/687-2277
www.aarp.org

Area Agencies on Aging
800/677-1116
www.aoa.dhhs.gov/eldfam/how_to_find/agencies/agencies.asp

Eldercare Locator
800/677-1116
www.eldercare.gov

familydoctor.org: Seniors
www.familydoctor.org/seniors.xml

FirstGov for Seniors
800/333-4636
www.seniors.gov

Healthy Aging: Health Information for Older Adults
www.cdc.gov/aging/health_issues.htm

Johns Hopkins: Health After 50
www.hopkinsafter50.com

MayoClinic.com: Senior Health Center
www.mayoclinic.com/health/senior-health/HA99999

National Institute on Aging
800/222-2225
www.nia.nih.gov

NIHSeniorHealth.gov
www.nihseniorhealth.gov

Seniors' Health
301/496-4000
www.health.nih.gov/search.asp?category_id=27

U.S. Administration on Aging (AoA)
202/619-0724
www.aoa.gov

PUBLICATIONS

"Prosthetic Rehabilitation and Technology: Options and Advances for Seniors." Douglas G. Smith. *inMotion*. November/December 2005.

"When Are Prostheses the Right Choice for Older Amputees – And When Are They Not?" Terrence P. Sheehan. *inMotion*. November/December 2005.

WEIGHT MANAGEMENT

Aim for a Healthy Weight
301/592-8573
www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt

American Obesity Association
202/776-7711
www.obesity.org

Shape Up America!
www.shapeup.org

YOUTHS

Ability Online
866/650-6207
www.abilityonline.org

Association of Children's Prosthetic-Orthotic Clinics
847/698-1637
www.acpoc.org

Birth Defect Research for Children, Inc.
www.birthdefects.org/about.htm

Children With Diabetes
www.childrenwithdiabetes.com

Cyberteens
www.cyberteens.com

Disability Central
www.disabilitycentral.com

Generation Hope
215-872-7725
www.genhopeusa.org

Helping Hands Foundation
www.helpinghandsgroup.org

Internet Resource for Special Children
www.irsc.org

LimbDifferences.org
www.limbdifferences.org

On the Other Hand
www.ontheotherhand.org

Sibling Support Project
206/297-6368
www.thearc.org/siblingsupport

Special Child
www.specialchild.com

STARBRIGHT Foundation
800/315-2580
www.starbright.org

SuperHands
www.superhands.us

Unlimbited Possibilities, Inc.
www.unlimbitedpossibilities.org

Winners on Wheels
800/WOWTALK
www.wowusa.com

PUBLICATIONS
Exceptional Parent Magazine
877/372-7368
www.eparent.com

YAZ (Youth Amputee eZine)
www.amputee-coalition.org/yaz

"Coping With a Sibling's Disability." Linda Lee Ratto. *inMotion*. June/July 1996.
www.amputee-coalition.org/inmotion/jun_jul_96/copsibs.html

"Early Fitting Is Key to Success." Diane Atkins. *First Step – A Guide for Adapting to Limb Loss*. Volume 2, 2001.
www.amputee-coalition.org/first_step/firststepv2_s1a13.html

"Facing Congenital Limb Differences: A Child Is More Than an Arm or a Leg." Rick Bowers. *First Step – A Guide for Adapting to Limb Loss*. Volume 2, 2001.
www.amputee-coalition.org/first_step/firststepv2_s1a12.html

"Parenting Primer: For Parents of Children with Disabilities." Jenifer Simpson. *inMotion*. July/August 1999.
www.amputee-coalition.org/inmotion/jul_aug_99/parent.html

"Promote a Positive School Experience for a Child With Limb Loss." Mary Vander Hoek. *inMotion*. Summer 1995.
www.amputee-coalition.org/inmotion/summer_95/school.html



First Step 2005-2007 Sponsors (in alphabetical order)

The ACA would like to thank the following organizations, companies and individuals for their generous support through educational grants for this edition of *First Step*. The funding provided by those listed enabled ACA to print and distribute this important resource to the amputee community.

A Step Ahead Prosthetics & Orthotics

(516) 681-3484
www.astepaheadonline.com

ABC Prosthetics & Orthotics

(407) 999-8977
www.abcamputee.com

Abilene Artificial Limb, LLP

(325) 676-8527
AbileneArtLimb@aol.com

Advanced Prosthetics & Orthotics of America

(800) 330-8881
www.advancedpando.com

Advanced Prosthetics Center, LLC

(402) 399-9993
www.betterlimbs.com

American Amputee Foundation

(501) 666-2523
www.americanamputee.org

American Board for Certification in Orthotics & Prosthetics

(703) 836-7114
www.oandpcare.org

Amputee Clinic, Inc.

(423) 485-8899
www.amputeeclinic.com

Center for Orthotic and Prosthetic Care

(502) 637-7717
www.centeropcare.com

Certified Limb and Brace

(318) 636-9145
certlimbandbrace@aol.com

Chilla Computer & Internet Services

(423) 566-1484
www.chilla.net

College Park Industries

(800) 728-7950
www.college-park.com

Comfort Products, Inc.

(800) 822-7500
www.comfortoandp.com

Copeland Prosthetics & Orthotics

(866) 330-5300
www.CopelandProsthetics.com

Endolite

(937) 291-3636
www.endolite.com

First Tennessee Bank

(865) 971-2897
www.FTB.com

FLO-TECH

(800) 356-8324
www.1800FLO-TECH.com

Georgia Prosthetics, Inc.

(404) 873-3725
Danzlegman@aol.com

Great Plains Orthotics & Prosthetics, Inc.

(515) 232-3927
www.greatplainsoandp.com

Hanger Prosthetics & Orthotics, Inc.

(877) 4HANGER
www.hanger.com

Innovative Prosthetic Designs

(662) 240-9700
bv53@cableone.net

Leimkuehler O&P Center, Inc.

(440) 988-5770
leimkuehler@centurytel.net

Lithographics, Inc.

(865) 693-6764
www.lithographicsinc.com

Malone Prosthetics & Orthotics

(215) 886-0185
malonepando@verizon.net

Marshall J. Cohen, Esq., ACA Board of Directors

Cohen & Perfetto, LLP
(212) 488-1301

Mulenburg Prosthetics & Orthotics, Inc.

(713) 524-3949
www.oandp.com/MPI

Myrtle Beach Brace & Limb

(800) 893-0405
mbbl98@aol.com

Nascott Rehabilitation Services

(800) 535-6556
www.nascott.com

Nebraska Orthotic & Prosthetic Services

(402) 489-0077
www.nopsonline.com

Northern Orthopedics

(907) 561-1777
www.northo.com

Northwest Prosthetic & Orthotic Clinic

(866) 27NWPOC
www.nw poc.com

Ohio Willow Wood

(740) 869-3377
www.owwco.com

First Step 2005-2007 Sponsors (continued)

Omni Prosthetics and Orthotics, Inc.

(217) 344-6664
www.omnioandp.com

Orthopedic Appliance Company, Inc.

(800) 972-5168
www.OrthopedicApplianceCo.com

OrthoPro of Twin Falls, Inc.

(208) 733-0505
www.orthopro.org

Orthotic & Prosthetic Assistance Fund, Inc.

(215) 752-5756
www.opfund.org

Orthotic & Prosthetic Design, Inc.

(314) 535-5359
mwilsonopd@msn.com

Ossur

(800) 233-6263
www.ossur.com

Otto Bock HealthCare

(800) 328-4058
www.ottobockus.com

Outsource Marketing Solutions, LLC

(860) 967-4184
www.askelizabeth.net

Paul E. Prusakowski, CPO, LPO

(352) 331-4221
http://clinic.oandp.com/

Perry Prosthetics, Inc.

(419) 872-7336
www.perryprosthetics.com

Preferred Orthotic and Prosthetic Services

(253) 952-3887
www.PreferredOandP.com

Progressive Orthotic & Prosthetic Services, Inc.

(877) 663-7077
www.oklahomaoandp.com

Prosthetics Research Specialists, Inc.

(800) 952-6744
www.prostheticsresearch.com

Ryder Orthopaedics, Inc.— Fort Myers, FL

(239) 939-0009
www.ryderortho.com

Ryder Orthopaedics, Inc.— Naples, FL

(239) 643-6673
www.ryderortho.com

Scott Sabolich Prosthetics & Research

(877) 226-5424
www.ScottSabolich.com

Sequoia Prosthetics

(559) 734-1060
www.sequoiaprosthetics.com

Small Business Accounting Solutions, Inc.

Raymond Norris, President
raymondnorris@mindspring.com

Sunrise Medical

(800) 333-4000
www.sunrisemedical.com

Team O and P, Inc.

(281) 364-8326
www.teamoandp.com

TMC Orthopedic

(713) 669-1800
www.tmcortho.com

A special thank you to the ACA Corporate Sponsors for their continued support of our mission!

Gold Level

College Park Industries
Hanger Prosthetics & Orthotics, Inc.
Ohio Willow Wood
Ossur
Otto Bock HealthCare

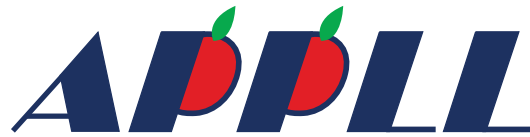
Silver Level

Fourroux Orthotics & Prosthetics

Patron Level

Next Step Orthotics & Prosthetics, Inc.

Thank you to the National Center on Birth Defects and Disabilities, Centers for Disease Control and Prevention (CDC), for their support of this publication.



ACA'S Action Plan for People with Limb Loss

APPLL is ACA's plan to address the prevention of secondary amputations and the problem of access to appropriate medical care for all amputees in the U.S.

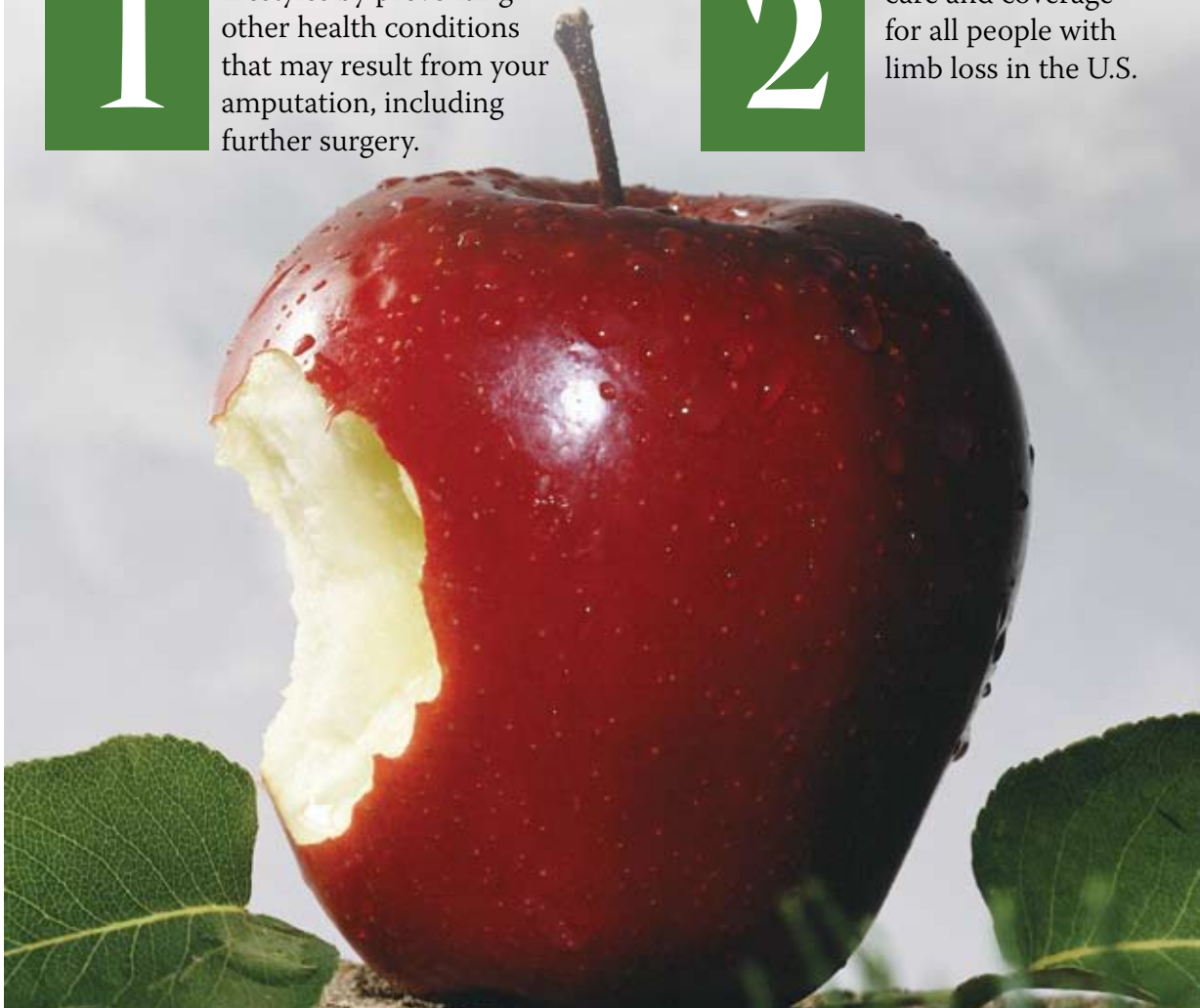
APPLL has two goals:

1

Promoting healthful lifestyles by preventing other health conditions that may result from your amputation, including further surgery.

2

Access to prosthetic care and coverage for all people with limb loss in the U.S.



You can be a part of the solution!

Visit the advocacy section of the ACA Web site or call us to learn how you can help!



www.amputee-coalition.org/aca_advocacy.html
888/AMP-KNOW (267-5669)
apll@amputee-coalition.org

ACA Mission

To reach out to
people with
limb loss and
to empower
them through
education,
support and
advocacy.



Amputee Coalition of America
900 East Hill Avenue, Suite 285
Knoxville, Tennessee 37915-2568
Toll-free: 1-888/AMP-KNOW
www.amputee-coalition.org