

Disability Issues

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Adaptive Winter Sports Enhance Lives of Participants with Disabilities

by Jennifer C. Buxton, OTR/L

"Imagine skiing seventy-five miles per hour down a frozen mountain race course, through a permanent haze that obscures depth perception and clouds central vision... I can."

— Andy Parr, Bronze and Silver Paralympic Medalist, Blind Ski Racer

History

For over 50 years, since the end of the World War II, adults and children with physical disabilities have looked for opportunities to participate in many different kinds of sports and recreation. The concept of adaptive sports and equipment arose to meet their needs and wants. European veterans with disabilities were the first to discover the benefits of adaptive skiing as they looked for rehab and recreation opportunities after returning from World War II.

Skiing

Adaptive skiing changes or adapts equipment or instruction to meet the needs of someone with a physical, cognitive, visual, auditory or developmental disability.

"The sport has become more popular, as well as more accessible, to people with a disability since we began teaching skiing in 1970," says Hal O'Leary, recreation program director at the National Sports Center for the Disabled (NSCD). "More resorts offer programs for disabled skiers, and equipment has improved — lighter outriggers, shaped skis and the bi-ski for sit-down skiers. Instruction is also better across the board now

that ski instructors can become certified in teaching adaptive skiing."

One of the primary national associations, NSCD, was founded in January 1970 when the ski school director at Winter Park Resort in Colorado agreed to teach skiing to a group of children with amputations from Children's Hospital of Denver. Three decades later, the NSCD is widely considered the largest and most successful outdoor therapeutic recreation agency in the world.

One of the premier local organizations is the New England Handicapped Sports Association (NEHSA). NEHSA was founded in 1972 as a non-profit organization run by and for persons with physical disabilities who wanted to enjoy active and independent lives through participation in sports. In 1994 NESHA expanded its program to include ski instruction for persons with developmental disabilities. Today the program's goals are to encourage positive attitudes, social opportunities and personal growth through the challenges that participation in outdoor sports and recreation offers.

In more recent years, adaptive ski programs have flourished throughout the country. Many mountain resorts offer adaptive ski/snowboard programs, where specially trained

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Section 8 Housing Guidebook

Section 8 Made Simple: Using the Housing Choice Voucher Programs to Assist People with Disabilities is a recent publication of the Technical Assistance Collaborative, Inc. This guidebook is a valuable tool that can help people with disabilities, family members, service providers, case managers and advocates navigate through the complex Section 8 federal housing assistance program.

What is Section 8?

The Section 8 program began in 1975 as a way to assist low-income families, elderly people and people with disabilities to rent decent, safe and affordable housing in the community. It is now the largest federal housing program targeted to very low-income households. In fiscal year 2002, Congress appropriated approximately \$15 billion in continued funding for the program, an amount equal to half the entire U.S. Department of Housing and Urban Development (HUD) budget. Through the Section 8 program, individuals, groups of individuals and families received a "voucher" — also referred to as a

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From the Center
Information Briefs

Winter 2002-03

Dear Readers: It is again my privilege and pleasure to speak with you about the Information Center for Individuals with Disability, its purpose and presence in the community, and changes that will soon be occurring.

As many of you are aware, the organization was founded in 1977, with the stated purpose of providing as much relevant and useful information as possible for people with a disability which could enable them and others close to them to be included as equal participants in everyday life. The less time and energy required to deal with issues of disability, the more of each they have to devote to other aspects of life.

The Information Center's office was open eight hours per day, five days each week with trained and informed staff ready to address and respond to questions about issues people had relating to any disability. The number of people seeking help grew from 1300 the first year to approximately 17,000 nineteen years later, near the time the office had to be closed because of lack of funding.

Some of the achievements of the Center over the years include: developing an indexing system (*taxonomy*) to facilitate the gathering and storage of disability information; creating "fact sheets" for quick and meaningful response to frequently asked questions; speaking and presenting information at conferences and other gatherings; and sponsoring meetings to enhance the exchange and dissemination of information. In 1980 we were given funds to begin a newsletter to reach as many people as possible with information on subjects related to living with disability. You are reading that newsletter now, 22 years later.

This is the last edition of *Disability Issues* that will be produced by the Information Center (and by our editor, J. Archer O'Reilly III) but, thankfully, not the last edition. Since lack of funding forced the closing of our offices, we have searched for a successor with the understanding, capacity, and desire to pick up the Center's role with regard to disability information. Beginning with the next edition, the collaboration of Spaulding Rehabilitation Hospital and UMass Medical School will take over the publication of *Disability Issues*. We have every expectation that they will continue to make it useful, interesting, and informative for all of those who have been faithful readers for so many years.

My 35 plus year journey exploring disability information has been joyful and inspiring. I am grateful for it. I thank all of you for your interest in, and concern for, issues relating to disability and those others whose labors as staff, volunteers, advisors, and contributors were essential in making our journey fruitful.

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President: Nancy C. Schock

Editor: Paul Kahn

Disability Issues **Continues under** **New Auspices**

A Message from the New Publishers

by Susan M. Murray and Eva
Stavropoulos

The Information Center for Individuals with Disabilities will soon be turning over the publication of *Disability Issues* to Spaulding Rehabilitation Hospital and the Massachusetts Medicaid Infrastructure Grant (MMIG). This, some would say, unlikely partnership between a public and a private entity came about through Nancy Schock when she was asked to be involved in a Spaulding grant application for its Community Information Network for Individuals with Disabilities (CINID). At about the same time, Nancy attended a Consumer and Advisory Panel meeting for the MMIG. She liked what she heard about both grants and their practical applicability for people with disabilities. Over the past year, Nancy and the Center have worked with the MMIG and Spaulding as we developed the partnership that would take on publication of the newsletter.

We would like to tell readers a little bit about these two projects. CINID receives funding support from the National Library of Medicine, the Massachusetts Board of Library Commissioners and the Boston Foundation. Its mission is "To help improve the quality of the life of individuals with disabilities through new technologies, delivery systems, and/or training techniques." Thus far, CINID has focused on establishing a community information center at Spaulding that is open to all, establishing accessible computer workstations equipped with assistive technologies in the greater Boston area, providing disability awareness

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Information Briefs

ADA CD-ROM Available from the Department Of Justice

A free CD-ROM is available from the Department of Justice (DOJ). It contains a complete collection of DOJ's ADA materials, including regulations, architectural design standards, and technical assistance publications.

Documents on the CD-ROM are provided in a variety of formats, including HTML, WordPerfect, and text (ASCII) to enable people to gain easy access, translate materials to Braille, or use screen readers. Many documents are also provided in Acrobat PDF format, so that they appear as they do in print and can be reprinted by personal computers.

People can order the CD-ROM online at www.usdoj.gov/crt/ada/adatacd1.htm or by calling the ADA Information Line any day or time at 1/800-514-0301 (voice) or 1/800-514-0383 (TTY).

New England Cultural Directory Soon Available

Access Expressed! New England: A Cultural Resource Directory, a compendium of access information about hundreds of cultural facilities throughout the six-state region, will soon be available. Included will be museums, theaters, historical sites, sports and entertainment complexes and parks. **Access Expressed! New England** is the creation of VSA arts affiliates throughout New England and the ADA Technical Assistance Regional Partners, under the leadership of VSA arts of Massachusetts (VSAM).

The directory will be distributed primarily by VSAM. Bulk orders of

100 or more will sell for \$3 per copy. The price for individual copies is \$10. For more information call VSAM at (617) 350-7713/voice, (617) 350-6535/TTY, or visit the VSAM Web site www.vsamass.org.

New Handbook about "Quality Of Life"

Two experts have simplified the nebulous but tremendously important concept of "quality of life" into eight factors that can be applied, measured, and evaluated in the areas of health care, education and social service programs. The result is said to be a quality of life model that human service professionals can use, not only to develop services that enhance the well-being of consumers, but also to evaluate outcomes of these services. "The Handbook makes the concept of quality of life concrete and measurable for the very first time," says veteran psychologist and educator Bob L. Schalock, who co-authored the Handbook along with Dr. Miguel Angel Verdugo.

Published by the American Association on Mental Retardation (AAMR), the Handbook identifies eight domains that contribute to a life of quality. These include emotional well-being, interpersonal relations, material well-being, personal development, physical well-being, self-determination, social inclusion, and rights. The authors then identify core factors that contribute to each of these domains and suggest techniques that can enhance health, education and social services.

To order the Handbook call 301-604-1340 or e-mail aamr@pmds.com. To obtain a review copy or arrange author interviews call Anna Prabhala at 202-387-1968, Ext. 212 or e-mail annap@aamr.org. The cost of the Handbook is \$44.45 for members of AAMR and \$49.95 for others.

New Federal Disability Web Site

The U.S. Department of Labor Secretary, Elaine L. Chao, recently

unveiled a new, comprehensive Federal web site of government resources and information relevant to people with disabilities, their families, employers, and service providers. The site is a collaborative effort across multiple Federal agencies and is part of President Bush's New Freedom Initiative.

You may visit the site at www.disabilityinfo.gov.

The main categories on the site are employment, education, housing, transportation, health, income support, technology, community life, and civil rights. On the home page are links to popular areas of information, including one-stop career centers, the ADA, government benefits, the Department of Labor Job Accommodation Network, and federal job opportunities. Visitors to the site can also use a search feature to link to the information they want.

Massachusetts Business Leadership Network Launches Website

The Resource Partnership and Monster have announced the launch of the Massachusetts Business Leadership Network (MassBLN) website at www.massbln.com. Information, resources, news and events are updated regularly on the site.

The MassBLN is an association of Massachusetts companies collaborating to advance the career potential of individuals with disabilities. It offers participating employers resources for recruiting candidates with disabilities, information on disability employment issues, recognition for best disability employment practices, and exposure to an untapped market for goods and services. The MassBLN works collaboratively with community organizations via the Resource Partnership and the Massachusetts

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training to staff at those sites, and developing a state-of-the art web portal dedicated to individuals with disabilities,

www.DisabilityExchange.org.

In essence, the activities supported by this grant provide accessible technology in public places such as libraries and YMCAs for people with disabilities to access information about services and programs.

The MMIG grant is a collaboration between the University of Massachusetts Medical School's Center for Health Policy and Research (CHPR) and The Massachusetts Division of Medical Assistance. The focus of MMIG is employment and information about health insurance, specifically the MassHealth/CommonHealth insurance program. Funding from

the grant established the Common-Health Employment Connection office (CHEC) that focuses on providing people with disabilities, providers, direct support staff and employers with information about employment and MassHealth benefits. CHEC staff is available on-line at **www.**

masschec.org or by telephone 1-866-698-6901 (voice) or 1-866-698-6900 (TTY) to answer questions. CHEC Health and Employability Counselors also provide educational sessions to service agencies, consumers, direct support professionals, and employers.

Since both the Spaulding/CINID grant and the MMIG/CHEC grant focus on information dissemination to people with disabilities, publication of *Disability Issues* seemed like a natural vehicle for collaboration. The partnership has engaged Paul Kahn as editor of the newsletter. Paul is well known in the disability community and has had extensive experience writing and editing newsletters for the Kennedy Center for the Performing Arts and VSA arts of Massachusetts,

to name a few. Paul will be working to fulfill the mission of the newsletter; *"To provide people with disabilities, their families, friends, and advocates with timely, relevant information that enables individuals to improve the quality of their life, health and employability options."* The newsletter will continue to be published four times a year.

We feel very fortunate to have Paul on board to lead this effort. As has been the tradition with the Center, Paul will continue to solicit articles and topics from readers. He can be reached at: cairokahn@aol.com.

We look forward to your continued support of this vital source of information.

Susan M. Murray is the Project Director of the CommonHealth Employment Connection, and Eva Stavropoulos is the Director of the Community Information Network for Individuals with Disabilities.

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instructors and adaptive equipment labs help meet the needs of people with disabilities. There are now many national and local agencies that evaluate, train, and assist people with disabilities in their pursuit of learning how to participate in adaptive winter sports. (See Resource List)

Participating in adaptive sports can help people with disabilities with their physical, emotional, social and cognitive development. Participants report that their successes on the ski slopes have given them confidence to try other challenges in everyday life, such as going to college, starting a business or applying for a new job. Adaptive skiing allows family members and friends to actively participate in a sport together. Children and adults with disabilities also grow socially by interacting with people in an environ-

ment where disabilities are accepted and welcome. On the physical side, some participants notice improvements like increased balance, strength and flexibility. Overall fitness benefits from skiing include better muscle tone in the legs and trunk for standing skiers, while sit-down skiers work their backs and arms. Alpine skiing also improves balance and reaction times.

Basic Adaptive Ski Techniques*

Four-Track is for skiers who have a mobility impairment that requires them to use outriggers or a walker for stability while skiing. Two skis and two outriggers provide the four-tracker with four points of contact on the snow that help improve balance.

Outriggers are adapted forearm crutches with ski tips mounted on the bottom. They aid the skier in stability and turning. The skis may be connected with a ski bra at the tips to help with stability and balance.

Three-Track is for skiers who have one sound leg (with or without a prosthesis) and two sound arms. Three-trackers use a full size ski and two outriggers, giving them three points of contact on the snow.

Two-Track is for skiers who are blind or visually impaired, deaf or hearing impaired, or have mild motor deficits or upper extremity deficits. Two-trackers use two skis and two boots and may use a ski bra attached to the ski tips. Ski bras assist with lateral control and help maintain a consistent ski position.

Mono-Ski/Sit-Ski is a piece of sit-down equipment that enables people with lower extremity weakness to ski sitting down in a molded seating apparatus or "bucket" with one ski on the bottom. Two outriggers are used with the mono-ski for balance and turning. The mono-ski is designed to be self-loading onto a chairlift, providing the opportunity

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for independent skiing.

Bi-Ski is a piece of sit-down equipment very similar to a mono-ski with the difference being two short, wide skis are attached on the bottom of the bucket. The two skis give a wider base and better balance and stability than a mono-ski. The bi-ski can be skied independently with the use of two outriggers for balance and turning. For beginning skiers and those needing more assistance, fixed outriggers and a handlebar can be utilized. The bi-ski must be tethered by a ski instructor whenever the fixed outriggers are used.

*Definitions from *Professional Ski Instructors of America (PSIA) Adaptive Manual, 1997*

Other Winter Activities

Snowboarding evolved from surfing and skateboarding and has become extremely popular in the last few years. Snowboarders wear specially designed boots that lock into bindings on the board. Riders can use outriggers for balance, and bindings on the board can be moved to help with balance.

Cross-Country Skiing is for people who want an on-snow experience that is more leisurely and slow paced. Cross-country sit-skis are used by people with lower body disabilities. Skiers sit in a soft bucket while using their arms with short poles to propel themselves. Stand-up skiers use long, narrow skis with cross-country ski poles. Individuals with poor balance can use a walker adapted with cross-country skis attached to the bottom of the walker, allowing for fluidity of movement and increased balance.

Snowshoeing is for people who want a different snow experience that provides a good workout. Individuals who snowshoe must have independent leg action. Today's snowshoes are made of light aluminum and are much smaller

than traditional ones.

Sled Hockey is one of the newest and fastest growing sports for people with disabilities. It is hockey, pure and simple. All the basic rules are the same. The only difference is how you get around on the ice. In Sweden and Canada, countries that have been playing hockey this way for years, they call them "sledges." In America, they are called "sleds."

Ice skating is a great way to exercise and compete. Skating helps improve balance and strength, and it is a fun activity to share with family and friends.

Resource List

Books:

Alpine Achievement: A Chronicle of the United States Disabled Ski Team by Lori J. Batcheller, now available from 1stBooks Library.

This is a new book that details the evolution of adaptive skiing equipment, the history of the events, scoring, and classification of skiers with disabilities. The first book to offer a detailed and powerful account of disabled alpine skiing, *Alpine Achievement* chronicles the sport from its inception to its modern day competitions.

Websites:

New England

New England Regional Ski for Light - **www.nersfl.org**: A non-profit organization founded in 1977 to promote the physical fitness of visually and mobility impaired adults.

New England Handicapped Sports Association - **www.nehsa.org**: Based at Mt. Sunapee New Hampshire, an adaptive winter sports program for persons with disabilities of all ages and all disabilities.

Vermont

Vermont Adaptive Ski & Sports (VASS) - **www.vermontadaptive.org**: Committed to furthering the equality and independence of indi-

viduals with disabilities by providing access to sports and recreational activities.

New York

Sports & Therapeutic Recreation Instruction & Developmental Education (STRIDE) - **www.stride.org**: A not-for-profit, 100% volunteer organization, dedicated to enriching the lives of children with disabilities by offering sports and recreation opportunities.

New Hampshire

Ski NH - **www.skinh.com/programs/adaptive.htm**: Lists and describes New Hampshire ski resorts that offer adaptive equipment and adaptive skiing instruction programs.

North East Passage - **www.nepassage.org**: A program designed to improve access, independence, and quality of life for individuals with disabilities. It provides recreation possibilities that offer mastery over physical skills and provide a means to access sports and recreation and reduce stress.

White Mountain Adaptive Ski School - **www.loonmtn.com**: The White Mountain Adaptive Ski School at Loon Mountain is a nonprofit organization dedicated to making the joys of snowsports accessible to all.

Massachusetts

Ability PLUS - **www.abilityplus.org**: Offers increased access to athletic and recreational opportunities for persons with physical and mental disabilities that will create freedom, promote independence, support inclusion, and help those individuals and their families discover their full social, mental, and athletic potential. Its focus is on each individual's ability, regardless of the physical or mental challenges he or she may face.

Wachusett Mountain - **www.wachusett.com**: Private lessons

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“subsidy” — that can be used to help pay for housing of their choice that meets program requirements. Tenants usually devote 30 percent of their income to housing costs, and the Section 8 subsidy pays the rest, up to a certain amount.

Although the program has been known since its inception as “Section 8,” a 1998 federal law actually renamed it the Housing Choice Voucher Program. But, since the term “Section 8” is more familiar, that is the one which this article will use. The article will focus on tenant-based rental assistance, one of four Section 8 components, because it is the one that is most commonly used by low-income people with disabilities. The others components are project-based rental assistance, homeownership assistance and down payment assistance. The information in it is culled from *Opening Doors*, a publication of the Technical Assistance Collaborative, Inc. and the Consortium for Citizens with Disabilities Housing Task Force.

Tenant-based rental assistance

Section 8 tenant-based rental assistance helps people to rent housing that meets their individual preferences and needs. Through the program, an eligible household receives a voucher to use in a housing unit of their choice in the community. If the household moves to another unit, the voucher can be used in the new unit.

The Section 8 program is governed by rules, established through federal law and regulations. However, there are additional Section 8 policies that are determined by the state and local agencies, known as Public Housing Agencies (PHAs), that receive funding from HUD to administer the program. This patchwork of federal rules and PHA policies often makes Section 8 diffi-

cult for people to understand.

On average there are over 50 PHAs per state administering the Section 8 program, although that number varies greatly from state to state. The sheer number of these PHAs and the fact that their policies vary are other reasons that the program can be confusing. There are three types of PHAs. The most common and well-known are the local public housing authorities. The others are state housing agencies and non-profit organizations. Sometimes state housing agencies and non-profit organizations work together to administer the Section 8 program. In Massachusetts, the Department of Housing and Community Development administers a statewide Section 8 program through contracts with eight regional non-profit organizations. Each PHA that administers a Section 8 program is required to do outreach to inform the public about the program and provide information to help people apply.

Eligibility

To be eligible for the Section 8 program a household must:

- be very low-income
- be composed of citizens or non-citizens with “eligible immigration status”
- be in good standing with federal housing programs.

All people with disabilities who receive Supplemental Security Income (SSI) are income eligible for the Section 8 program, because SSI benefits are well below 50 percent of the median income in every state.

Obtaining a voucher

The first step to obtaining a voucher is successfully completing a Section 8 application. Unfortunately, there is no standard Section 8 application. Instead each PHA creates its own form. But, in general, most Section 8 applications request information about:

- household composition
- income and assets
- disability status
- other information needed to determine eligibility.

In the Section 8 program a disabled household is defined as one in which the head, spouse or sole member is an adult with a disability. PHAs are required to make the applications fully accessible. Therefore, most provide applications in different languages, and some may provide them in alternative formats, such as Braille and large print. In any case, a PHA must provide assistance completing an application, if a person with a disability requests it.

Each PHA has its own policies regarding when applications are accepted and how they are collected and processed. The application process often poses barriers to people with disabilities. Many have difficulty completing the application, understanding the deadlines, or obtaining help. However, a person with a disability can request a reasonable accommodation to the PHA’s policies for accepting Section 8 applications, if the difficulty is related to the person’s disability.

Waiting lists

Since the demand for housing assistance almost always exceeds the number of Section 8 vouchers available, PHAs are usually unable to assist an applicant immediately. Instead the PHA will add the application to its Section 8 waiting list. Applications are added in one of two ways:

- chronological order — based on the date and time received
- randomly ordered — referred to as a “lottery.”

In many communities, Section 8 waiting lists are very long, and applicants can face lengthy delays. Some are even closed — not taking new applications — and have been for many years.

Subject to HUD approval, PHAs have the discretion to establish “local preferences,” that reflect the needs of their particular communities. In selecting from its waiting list, a PHA can choose before other households an applicant who meets

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continued

one of its preferences. Typical kinds of local preferences are:

- people who work in or are residents of a specific community
- people who are homeless
- people with disabilities.

Although a PHA can establish a preference for people with disabilities, it is important to note that it cannot establish a preference for people with a specific type of disability.

People can apply to many different PHAs and be on many waiting lists at the same time. In order to update their waiting lists, PHAs send out letters to applicants asking them to reconfirm their interest in the Section 8 program. If the PHA does not receive a response, the application is automatically removed from the list.

Approval process

Although not mandated by law, PHAs have the authority to screen Section 8 applicants for prior tenant history, credit history, criminal records and other criteria. An applicant may be denied Section 8 assistance because of failure to pass that screening process or because of failure to meet the low-income standard.

To be approved for Section 8 assistance, an applicant must furnish the PHA with written verification that he or she meets the relevant criteria. This verification must be "third party," meaning that it comes from another person or agency, such as an employer or physician. If an applicant is denied assistance, he or she has the right to appeal that decision, and every PHA must have a formal appeals process in place.

Finding housing

Once a Section 8 voucher is issued, the household has a limited amount of time to find suitable rental housing in the community. Each PHA determines the maximum search time, but it cannot be less than 60

days. Finding suitable housing can be difficult because a unit must meet certain quality standards and be reasonable in price compared to other similar, unsubsidized units. And not all owners want to accept Section 8 vouchers, although legally they are supposed to. For people with disabilities, accessibility is, of course, also an issue. Many organizations within the disability community have partnered with PHAs to help people with this housing search process. Eventually, if a household fails to find a suitable unit, its voucher will expire and be reissued to another household from the waiting list.

In addition to traditional apartments, PHAs may allow Section 8 vouchers to be used in certain nontraditional living situations, known as "special housing types." These include:

- single room occupancy units, which are units within a building that have shared kitchen and bathroom facilities
- group homes, which must be licensed or approved by the state
- congregate housing, which is defined as shared housing for people with disabilities and/or elderly people
- shared housing, in which a person with a disability could have a live-in aide or other roommate.

Many PHAs are not very knowledgeable about the intricacies of special housing models, but, according to HUD rules, they must permit their use.

Tenant and owner responsibilities

Once a suitable unit is found, the household signs a lease with the owner, and the owner signs a Housing Assistance Payment contract with the PHA. In this way the owner is guaranteed that the household pays its share of the rent and the PHA pays the balance. The ongoing responsibilities of the owner are to provide decent, safe and sanitary housing to the household. And the program responsibilities of the household are to recertify income and composition and to notify the PHA of any changes in those areas. Households remain eli-

gible for Section 8 assistance until 30 percent of their income becomes equal to the rent plus tenant-paid utilities for the unit.

Moving

Another feature of the Section 8 program is known as "portability." This means that a household can move and use its voucher to lease a unit in any state or community as long as there is a PHA administering the program in that locality. However, a PHA may require a new Section 8 household that resided outside of its jurisdiction when the voucher was first issued to live within the PHA's jurisdiction for a specific period of time, but not more than one year.

Resources

The Technical Assistance Collaborative, Inc.
One Center Plaza, Suite 310
Boston, MA 02108
Tel: (617) 742-5657
Fax: (617) 742-0509
E-mail: info@tacinc.org

Section 8 Made Simple: Using the Housing Choice Voucher Programs to Assist People with Disabilities. To obtain a copy call or e-mail the Technical Assistance Collaborative at the above phone number and address.

Opening Doors. To view copies or subscribe go to the Technical Assistance Collaborative website www.tacinc.org.

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Governor's Commission for Employment of People with Disabilities.

The MassBLN is an affiliate of the National Business Leadership Network, which is supported by the U.S. Department of Labor and the U.S. Chamber of Commerce. For information on the National BLN, visit www.usbln.com.

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can be arranged at the Ski School Desk or by calling (978) 464-2300 ext. 3300 for a reservation. For the Wachusett Mountain Adaptive Program call ext. 3718.

Rhode Island

Shake-a Leg - **www.shakealeg.org**:

Its mission is to provide recreational therapeutic services that develop independent living skills for individuals who have experienced spinal cord injury and related nervous system disorders.

Maine

Maine Handicapped Skiing (MHS) - **www.skimhs.org**: A non-profit organization founded in 1982, MHS is the largest, best-known year-round adaptive recreational program in Maine, attracting students from Maine, New England, the United States, Canada and Great Britain.

National

National Sports Center for the Disabled - **www.nscd.org**: Providing therapeutic recreation and competitive opportunities for children and adults with disabilities. Based in Winter Park, Colorado.

Disabled Sports USA - **www.dsusa.org**: Governing officials for disabled sports in the US, with ski tour information, rules, entry qualifications, FAQs, and a winter sports glossary of terms.

Spokes in Motion - **www.spokesnmotion.com**: Year-long adapted sports, including mountain climbing, skiing, kayaking. Based in Colorado.

Snowshoe Adaptive Sport Program - **www.snowshoemtn.com**: Information on lessons, equipment rental and assisted skiing programs at SnowShoe Mountain in West Virginia.

The Adaptive Sports Center of Crested Butte - **www.adaptivesports.org/index.cfm**: Adaptive sports offered yearlong—from mountain biking to all types of adaptive skiing. Based in Colorado.

Breckenridge Outdoor Education Center - **www.boec.org**: Since 1976, BOEC has offered outdoor learning experiences to people of all abilities, including people with disabilities, those with serious illnesses and injuries, and “at-risk” populations. Offers all types of outdoor sports and recreation, including a wilderness program.

Miscellaneous

US Disabled Ski Team - **www.usskiteam.com**: Official site of the United States Disabled Ski and Snowboard Association.

The U.S. Deaf Ski & Snowboard Association (USDSSA) - **www.usdssa.org**: A non-profit recreational and competitive organization of Deaf and hard-of-hearing skiers and snowboarders, founded in 1968. USDSSA is a National Sports Organization (NSO) member of the USA Deaf Sports Federation (USADSF) and recognized by the U.S. Ski & Snowboard Association (USSA).

Jennifer C. Buxton, OTR/L is an occupational therapist specializing in assistive technology. She works in the Assistive Technology Center and the Community Information Network for Individuals with Disabilities at Spaulding Rehabilitation Hospital.

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