

California AgrAbility Project

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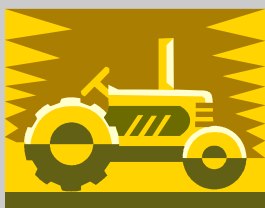
*A partnership between the
University of California Farm
Safety Program (Cooperative
Extension) and Easter Seals
Superior California.*

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Our Toll Free Numbers!

**1-888-877-3257, ext 117
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Promoting Success in Agriculture for People with Disabilities and Their Families

Spinal Cord 101

An SCI will have a very sudden physical, emotional and social impact on an individual. "Old" thinking was that those with SCI could not continue farming. New technologies, equipment and site modifications assist farmers in doing just about everything they did before. Frequent causes of damage are: car accident, gunshot, falls, farming accidents, etc. or disease (polio, spinal bifida, Friedreich's Ataxia, etc.). SCI occurs when a traumatic event results in damage to the spinal cord or severs the nerve tracts that relay signals up and down the spinal cord. The result is loss of certain functions. The spinal cord

does not have to be severed for loss of functioning to occur. In fact, in most people with SCI, the spinal cord is intact. The spinal cord is made up of a bundle of spinal nerve fibers, each carrying messages from the brain to different parts of the body and back. These messages may instruct a certain part of the body to move, or respond to feeling or sensation, such as heat, cold or pain. SCI at cervical levels C1-C8 (see Figure A) results in quadriplegia. Quadriplegia means paralysis in all four limbs. The twelve vertebrae in the chest are called the thoracic vertebrae. Injuries in this

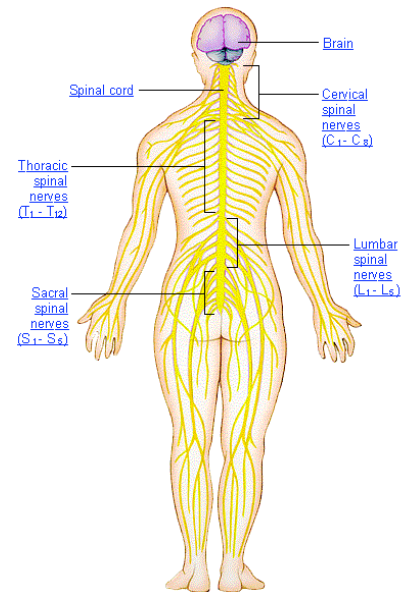


Figure A
American Medical Association

Continued on page 2

2004 National AgrAbility Project Training Workshop November 16-19, 2004

CalAgrability staff will be attending this year's four-day educational training conference. The workshop is intended to provide technical assistance and resources to professionals interacting with individuals with disabilities and their families who farm or ranch. The 2004 training sessions will provide participants with information related to:

- * An overview of the vocational rehabilitation system and federal disability policy.

- * Trends in medical

rehabilitation to improve functional ability

- * Applications of assistive technology to the agricultural setting

- * Developments in agriculture

- * Resources for outreach, marketing and funding AgrAbility projects

For more information please visit the National AgrAbility web site at:

www.agrabilityproject.org/events/workshop2004

Binational Health Week October 12-19, 2004

CalAgrability is a major supporter of the second annual Binational Health Week initiative (Oct. 12-19), which strives to improve the health of the more than three million Mexicans living and working in California. CalAgrability will have a booth at the three-day event, which will be held at the Mexican Consul in Sacramento at: 1010 8th Street Sacramento.



October is National Disability Employment Awareness Month



Upcoming Events

October 14-17, 2004
California Association of Rehabilitation and Reemployment Professionals
2004 Annual Conference
"Retooling The Industry"
Radisson Miyako Hotel
San Francisco, CA
For on-line registration and more information, visit www.carrp.org/visitors.asp or call (415) 922-3200.

Abilities Expo/Northern CA
November 12-14, 2004
Santa Clara Convention Center. For a list of workshops, exhibitors, and free tickets visit the web site at: www.abilitiesexpo.com

National Disability Employment Awareness Month Events

Connecting the Built Environment to Employee Health, October 20, 2004
12:00 Noon to 12:50 P.M.
1500 Capitol Avenue

Program Accessibility
October 21, 2004
9:00 A.M. to 12:00 Noon
1500 Capitol Avenue
For information visit:
www.dol.gov/opa/media/press/odep/ODEP2004960.htm

We're on the Web!

<http://calagrability.ucdavis.edu/>

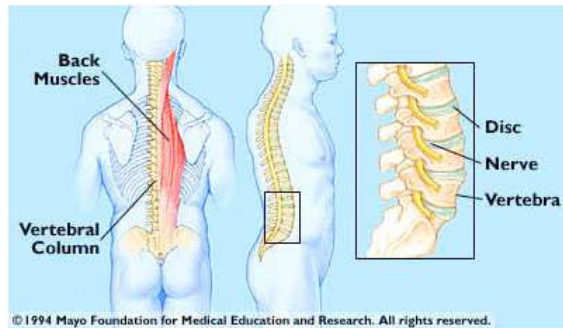
Spinal Cord 101 cont.

region (T1-T12) are generally associated with loss of function in the hips and legs. Injuries to the lower back, either the lumbar (L1 - L5) or sacral vertebrae (S1 - S5) cause paralysis of the lower body. This type of paralysis is called paraplegia.

CalAgrAbility staff can help farmers and workers with SCI who wish to make the farm site more accessible to continue farming safely. A person with a SCI might have trouble reaching the PTO or three point hitch control levers, due to the difficulty in turning or bending his or her upper body and neck. Moving the levers or making lever extensions can solve this problem. Some AgrAbility consumers use suspension seats that can be installed on tractors or seat cushions with lumbar support that have

adjustable armrests added. Our consumers also install hand controls to their tractors, skid steers, vehicles or other farm machinery. Concrete walkways, work areas, and ramps can be installed to provide access in and around the farm and home. CalAgrAbility staff can do on-site farm assessments and can research modifications that will be successful. Modifications can be extensive or very simple solutions like adding mirrors to the inside and outside of tractor cabs. Please contact CalAgrAbility staff to find out further information.

Excerpts from the AANS at: www.neurosurgerytoday.org/wh/patient_e/spinal.as and Cornell University New York AgrAbility Project at: www.vet.cornell.edu/public/CU_Agri/agrability/spinalCord.pd and Shepherd Center Spinal Cord Center, www.shepherd.org/shepherd/homepage.nsf/Pages/ProgramsSCI



About CalAgrAbility ...

The California AgrAbility Project began in 2002 and is part of a nationwide network of USDA-funded Farm Bill programs. CalAgrAbility's primary goal is to help farmers, agricultural workers, ranchers and their families to continue working in agriculture regardless of physical limitations, impairments and disabilities. Staff will help conduct on-site assessments and identify appropriate assistive technologies to make the job safer and easier. For more information visit our website.

1-800-477-6129

Helpful Tips and Devices For Farming With a Spinal Cord Injury

- Additional mirrors added to tractor cab
- Communication tools: cellular phones and two way radios
- Mechanical door openers
- Utility vehicles to get around the farm
- Manlift used to get on and off a tractor
- Automatic hitches used to avoid getting off and on the tractor
- Lower workbenches for wheelchair access
- Portable tool holders or toolboxes to prevent having to make unnecessary trips

Did You Know...



Humans have 206 bones in their bodies.

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